

Consumer Reports

"FACTS YOU NEED
BEFORE YOU BUY"

VOL. 9, NO. 9

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September 194



TOILET SOAP

PAPER TOWELS

FLASHLIGHTS

TUNA FISH

GRAPEFRUIT JUICE

RAISINS

PRUNES

FLAMEPROOFING

MENSTRUATION

MEDICAL CARE

POSTWAR HOUSING

From CU Members:

In response to a request for comment on the medical articles in the July and August Reports

In July, CU published the first of two special articles in the Medical Section of the Reports, with the request that members write in their reactions. Excerpts from the first letters received—all favorable—were published in the August issue. Since then, there have been a few unfavorable replies, but with more letters coming in every day, the overwhelming majority are still favorable. Typical of replies received since the August issue went to press are the following:

"Your article in the Medical Section of the July Reports met with my complete approval. . . . Those who approve of seeing the truth in print—and, in the long run, those who do not—will benefit and be grateful. Too long many people have shied away from idiosyncrasies of nature which might be corrected by more knowledge and better understanding.

"Consumers Union is to be commended for its decision to publish such articles. . . ."

★

"As a member of Consumers Union I am wholeheartedly in favor of your continuing to write such articles in your Medical Section. . . ."

★

"Only between the covers of CU have I been able to read . . . articles of the utmost importance to the happiness of all of us. If you get any complaints, and you will, please ignore them and continue to give us more articles about ourselves so that we may be able to learn to enjoy life to its fullest extent. . . ."

"Herewith renewal of subscription. Regarding such articles I think your judgment is good. . . ."

★

"I heartily approve the publication of such material in the Reports, and personally would not object to children of mine reading them. However, if the Directors of CU decide that members, as a group, do not so desire, please continue your policy of publishing such material during non-school months. . . ."

★

"My reaction is one of disapproval. . . . I do not wish to read in *Consumer Reports* any article except those dealing with consumer goods. . . ."

★

"Your section [in the July Reports] seems to me, on the whole, not a good idea. . . ."

★

" . . . while I have no objection to the publication of this article [July Reports] and others that might follow I do not believe that the place for them is in *Consumer Reports*. In that issue you quote one of your members who suggests . . . 'that you leave alone controversial subjects' such as religion and the Wagner Bill and I would add those of a purely medical and surgical professional nature. . . ."

★

"The more controversial the subject, the more the need for discussing and treating it. . . . Discuss . . . everything that has human interest and let the chips fall where they may. . . ."

CONSUMERS UNION is a non-profit organization chartered under the Membership Corporation Laws of New York State. Its purpose is to furnish unbiased, usable information to help families meet their buying problems, get their money's worth in their purchases, develop and maintain an understanding of the forces affecting their interests as consumers. Consumers Union has no connection with any commercial

CONSUMER REPORTS each month gives comparative ratings of a variety of products based on tests and expert examinations, together with general buying guidance, information on medical and health questions, and news of happenings affecting the consumer's interests. The Reports is the manual of informed and efficient consumers the country over.

THE BUYING GUIDE (published as the December issue of the Reports) each year brings together information from all the preceding issues with new material and special buying advice. Pocket-size, 384 pages, with ratings of several thousand products, the Buying Guide is an invaluable shopping companion. Every member gets a copy of the Guide with his membership.

BREAD & BUTTER reports each week on new and predicted price and quality changes in consumer goods, interprets Washington legislation as it affects consumers, reports government regulations and actions on the consumer front, advises on food buying and preparation.

SUBSCRIPTION FEES are \$4 a year, which includes subscription to the Reports and Buying Guide and Bread & Butter; \$3.50 without Bread & Butter (for foreign and Canadian memberships add 50¢). Reduced subscription rates are available for groups of 10 or more

cial interest and accepts no advertising; income is derived from the fees of members, each of whom has the right to vote for candidates to the Board of Directors. More than 70 educators, social workers and scientists sponsor Consumers Union and a national advisory committee of consumer leaders contributes to the formulation of policy (names of the members of the committee will be furnished on request).

(write for details). Library rates, for the Reports and Bread & Butter without the Buying Guide issue, are \$3.50; for the Reports alone, \$3. Membership involves no obligation whatsoever on the part of the member beyond the payment of the subscription fee.

Prices and Jobs

The collapse of Germany and the partial resumption of civilian goods production in many lines will speed up the drive, already under way, to end price control. The drive will be pushed by profiteers and speculators who see a chance for another and greater killing while the war pressure is off and the shortages remain. They will be aided by business men, fed up with controls of all kinds, who don't realize that the alternatives to control—inflation and economic chaos—would give them even worse headaches. And they will have the support of well-meaning persons in all camps who feel that price ceilings will soon become unnecessary.

On the contrary, however, price control will be more necessary than ever. In a period of peak war production, a rising price level is not an unmixed evil. With higher prices, the weekly envelope and the monthly salary check buy less goods with the result that more materials, plants, equipment and manpower are available for the war effort.

When war production is cut back sharply, however, as it will be after the march into Berlin, the nation's number one problem will no longer be war materials; it will be jobs for millions of displaced workers. At such a time, a rising price level does what the economy no longer demands and can no longer tolerate: its long-time effect is to keep down the demand for consumer goods and for the manpower to make the goods.

It all comes down to the old problem of purchasing power. Whether we have full employment and prosperity after the war, or whether we will have ten or twenty million unemployed will be determined largely by consumer purchasing power. But consumer purchasing power is not measured by the number of dollars consumers can push across the counter; it is measured by the amount of goods those dollars will buy. The more goods consumers can buy, the more workers will be employed to make those goods.

Even in plain dollars and cents terms, lower prices will mean more spending and more jobs. Billions of dollars in consumer savings are waiting for the appearance of peacetime goods. If prices are permitted to go higher after the defeat of Germany, if postwar products reappear on the market at prices far above those of prewar days, a large part of the saved billions that would otherwise be spent will remain tucked away.

Continued price control will not destroy profits or discourage production after the war any more than it has during the peak war production period. It won't eliminate grossly excessive prices and profiteering any more than it has in the past couple of years. But it can hold the brakes down hard enough to keep us from skidding over the edge of the slippery and dangerous road ahead. In World War I, prices moved sharply upward after the Armistice. If we junk price control too soon, the same thing can happen this time.

We do not believe that general price control need become a permanent institution. In each field of consumer goods, when supplies catch up with demand, when the normal processes of competition are restored, then price ceilings will no longer be required and they can be scrapped. In those fields where pressing demands from abroad, continuing shortages of raw materials or monopoly controls tend to keep prices artificially high, there ceilings should remain until they are no longer needed to safeguard consumers, jobs, and the health of our economy.

Consumer Reports

FACTS YOU NEED BEFORE YOU BUY

"Because it was established for the very purpose of aiding families to buy wisely, to avoid waste and to maintain health and living standards, and because it is the largest technical organization providing such guidance, Consumers Union recognizes a special responsibility to the nation. In full awareness of that responsibility, we pledge ourselves to do everything in our power to help Americans as consumers make the greatest possible contribution to the national need."—FROM A RESOLUTION ADOPTED ON DECEMBER 10, 1941, BY THE DIRECTORS.

VOL. 9, NO. 9 • SEPTEMBER 1944

REPORTS ON PRODUCTS

Grapefruit Juice: Most Brands Are Good	228
Toilet Soap: Economy Ratings of 131 Brands	230
Flameproofing Textile Fabrics	233
Raisins: Ratings of 25 Brands	234
Prunes: Ratings of 36 Brands	235
Paper Towels: Many Good Ones Available	237
Tuna Fish: Ratings for When You Can Buy It	238
Flashlights: What to Look for	241

MEDICAL SECTION

Menstruation	243
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NEWS AND INFORMATION

Medical Care for the People, by Harold Aaron, M.D.	246
Housing after the War, by Simon Breines	248

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CORRESPONDENCE: should be addressed to Consumers Union, 17 Union Square, NYC (3). CU regrets that time does not permit answers to inquiries for special information.

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REPORTS ON PRODUCTS

Ratings of products represent the best judgment of staff technicians or of consultants in university, governmental and private laboratories. Samples for test are in practically all cases obtained on the open market by CU's shoppers. Ratings are based on laboratory tests, carefully controlled use tests, the opinion of qualified authorities, the experience of a large number of persons, or on a combination of these factors. Even with rigorous tests, interpretation of findings is a matter on which expert opinion often differs. It is Consumers Union's pledge that opinions entering into its evaluations shall be as free from bias as it is possible to make them.

It's easy to get good **GRAPEFRUIT JUICE**

Tests made for CU by government graders show that most of the 64 brands tested came up to Grade A specifications. Only two cans out of more than 250 were substandard

When you buy grapefruit juice, your chances for getting Grade A quality are very good, tests made for CU by the U. S. Department of Agriculture show. Of the 64 brands tested, only eight included samples which did not meet Grade A specifications; these brands were not uniform in quality—one or two of the samples were rated Grade C or Substandard.

QUALITY

The quality of grapefruit juice depends mainly on flavor, color and absence of defects, such as excessive pulp, seeds or "rag" from the inner surface of the peel. These differentiate the three grades: Grade A or Fancy, Grade C or Standard and Off-Grade or Substandard.

From the consumer's standpoint, the most important factor is flavor. If unripe fruit is packed, the juice will taste bitter. Improper squeezing or reaming, mixing oil from the rind into the juice, may also give it a bitter taste.

The sugar and the acid content also affect the flavor. For unsweetened juice, the Department of Agriculture's standards call for no less than 9.5% natural sugar; sweetened grapefruit juice must contain a minimum of 13.5% total sugar. Grapefruit juice containing less than 0.8% or more than 2% citric acid is considered off-grade.

VITAMINS

Grapefruit juice's greatest contribution to the diet is the large amount of vitamin C it contains. Four ounces of grapefruit juice—fresh or canned—contain 40 to 45 milligrams of vitamin C. This is substantially more than the generally accepted minimum daily requirement of 25 milligrams.

Grapefruit juice also contains appreciable though variable amounts of vitamin B₁ and riboflavin.

SUPPLY AND PRICE

Prospects for an adequate civilian supply of canned grapefruit juice for the coming year seem good. However, allotments for the armed forces and for lend lease were increased twice during the past year, and it is possible that further increases may cut down the supply to civilian consumers.

CU's last tests of grapefruit juice were made in 1942 before maximum price regulations for it had been put into effect. Twenty brands tested then and retested this year showed price increases up to 6½¢ a can; the average price increase was 3¢ a can.

The present pricing arrangement is somewhat complicated. A dollars-and-cents ceiling has been set, based on grade, at the processor level. From this is calculated the retail price, the calculation taking into consideration such factors as transportation charges, wholesaler's margin and re-

tailer's margin. Since transportation charges vary, the price of the same brand of grapefruit juice will vary in different parts of the country.

In an effort to keep the price of grapefruit juice constant, the Commodity Credit Corporation each month calculates the amount of subsidy to be paid on canned grapefruit juice for civilian consumption. This subsidy reflects changes in the price of the raw fruit and the cost of production. Currently, it amounts to about 2¢ a can.

RATINGS

Tests on the 64 brands listed below were made by graders in the U. S. Department of Agriculture. Two to ten samples of each brand were tested. Ratings are based on flavor, color, absence of defects and percentages of sugar, acid and pulp. Results were highly consistent within brands except for the eight brands listed separately.

Ratings are in order of increasing cost, since quality differences among the brands in each group were not significant. Prices are given for a No. 2 (1 pint, 2 ounce) can. When buying, be sure to note whether the can is labeled as sweetened or unsweetened; which to buy is entirely a matter of individual preference.

ACCEPTABLE

GRADE A

- Lily White (R. H. Macy & Co., NYC). Unsweetened. 12¢.
- Polk's (Polk Co., Haines City, Fla.). Unsweetened. 12¢.
- Colonial (Colonial Stores, Inc., Norfolk, Va.). Sweetened or unsweetened. 13¢.
- Finast (First National Stores, Somerville, Mass.). Sweetened or unsweetened. 13¢.
- Glenwood (American Stores Co., Philadelphia). Unsweetened. 13¢.
- Holly Hill (Holly Hill Fruit Products Inc., Davenport, Fla.). Sweetened or unsweetened. 13¢.
- Silver Nip U. S. Grade A (Florida Fruit Canners, Frostproof, Fla.). Unsweetened. 13¢.
- Adams U. S. Grade A (Adams Packing Ass'n., Auburndale, Fla.). Unsweetened. 13¢.
- Bohack's Best (H. C. Bohack Co., Brooklyn, N. Y.). Sweetened or unsweetened. 13¢.
- Cherry Valley (Jewel Food Stores, Chicago). Unsweetened. 13¢.
- Donald Duck (Florida Citrus Canners Cooperative, Lake Wales, Fla.). Unsweetened. 13¢.

Dr. Phillips (Dr. P. Phillips Canning Co., Orlando, Fla.). Sweetened. 13¢.
Ecco (Economy Grocery Stores, Boston). Sweetened or unsweetened. 13¢.



Government graders checked each can of grapefruit juice to see whether acidity was within specified limits. Percentage of sugar was also checked.

Florida Garden (Auburndale Canning Co., Highlands City, Fla.). Unsweetened. 13¢.

Grand Union (Grand Union Co., NYC). Sweetened. 13¢.

Hillman's (Hillman's Pure Foods, Chicago). Unsweetened. 13¢.

Kroger's Country Club Quality (Kroger Grocery and Baking Co., Cincinnati). Sweetened. 13¢.

Madonna (Florida Grapefruit Canning Co., Bradenton, Fla.). Unsweetened. 13¢.

Mary Dunbar (Jewel Food Stores, Chicago). Sweetened. 13¢.

Nu-Zest (Polk Packing Association, Winter Haven, Fla.). Sweetened or unsweetened. 13¢.

Sweet Life (Sweet Life Food Corp., Brooklyn). Unsweetened. 13¢.

Town House (Table Products Co., Oakland, Calif.). Unsweetened. 13¢.

Valley Gold U. S. Grade A (L. Maxcy Texas Corp., Weslaco, Texas). Unsweetened. 13¢.

Co-op Grade A (National Cooperatives, Inc., Chicago). Unsweetened. 14¢.

Deep South U. S. Grade A (Mitchell Canneries, Inc., Ft. Meade, Fla.). Unsweetened. 14¢.

Florida Gold (Floridagold Citrus Corp., Lake Alfred, Fla.). Unsweetened. 14¢.

Golden Harvest (Steinfeldt-Thompson Co., Dania, Fla.). Unsweetened. 14¢.

Ind Rio U. S. Grade A (Indian River Cannery, Inc., Ft. Pierce, Fla.). Unsweetened. 14¢.

Texsun U. S. Grade A (Rio Grande Valley Citrus Exchange, Weslaco, Texas). Unsweetened. 14¢.

Apte (Apte Bros. Canning Co., Tampa, Fla.). Unsweetened. 15¢.

I G A (Independent Grocers Alliance Distributing Co., Chicago). Unsweetened. 15¢.

Bluebird U. S. Grade A (Southern Fruit Distributors, Inc., Orlando, Fla.). Unsweetened. 15¢; 1 qt., 14 oz. for 29¢.

Del Ray U. S. Grade A (Indian River Cannery, Inc.). Unsweetened. 15¢.

Fruitidor (L. Bamberger & Co., Newark, N. J.). Unsweetened and sweetened. 15¢.

Indian River (J. W. Holloway, Ft. Pierce, Fla.). Unsweetened. 15¢.

Libby's (Libby, McNeill & Libby, Chicago). Unsweetened. 15¢.

S. S. Pierce (S. S. Pierce Co., Boston). Sweetened or unsweetened. 15¢.

Garden Gold (Sun Gold Canning Co., Tampa, Fla.). Unsweetened. 16¢.

Gerbro (Gerber Bros., Brooklyn, N. Y.). Unsweetened. 16¢.

Royal Scarlet (R. C. Williams & Co., NYC). Unsweetened. 16¢.

Bordo (Bordo Products Co., Chicago). Sweetened or unsweetened. 16¢.

Crosse & Blackwell (Crosse & Blackwell Co., Baltimore, Md.). Unsweetened. 16¢.

Filigree (Filigree Quality Foods, Inc., Jersey City, N. J.). Unsweetened. 16¢.

Red & White (Red & White Corp., Chicago). Unsweetened. 16¢.

Topmost (General Grocer Co., St. Louis). Unsweetened. 16¢.

Trupak (Haas Bros., San Francisco). Unsweetened. 16¢.

White Rose (Seeman Bros., NYC). Sweetened. 17¢.

Dellford (Middendorf & Rohrs, NYC). Unsweetened. 17¢.

Stokely's (Stokely Bros. & Co., Indianapolis). Unsweetened. 17¢.

S and W (S and W Fine Foods, Inc., San Francisco). Unsweetened. 17¢.

Wegner's U. S. Grade A (Wegner Canning Corp., Eustis, Fla.). Sweetened or unsweetened. 17¢.

Wellman (Wellman-Peck & Co., San Francisco). Unsweetened. 17¢.

Premier (Francis H. Leggett & Co., NYC). Unsweetened. 18¢.

Tartan (Alfred Lowry & Bros., Philadelphia). Unsweetened. 18¢.

Ferndell (Sprague, Warner & Co., Chicago). Unsweetened. 20¢.

Richelieu (Sprague, Warner & Co.). Unsweetened. 20¢.

VARIABLE

Different samples of each of the following brands were variable in quality:

Dromedary (Hills Bros. Co., NYC). Sweetened or unsweetened. 13¢. Of 4 cans tested one was substandard because of off flavor and excess acid.

Floriania (Florida Grapefruit Canning Co., Bradenton, Fla.). Unsweetened. 13¢. Of 4 cans tested two were Grade C; the others were Grade A.

Southern Crest (Atlantic Food Supply Co., Orlando, Fla.). Unsweetened. 15¢. Of four cans tested two were Grade A, the other were Grade C.

Nation Wide (Nation-Wide Service Grocers, Brockton, Mass.). Unsweetened. 15¢. Of 4 cans tested two were Grade C; the others were Grade A.

The Bounty (Southwest Products Co., McAllen, Tex.). Unsweetened. 16¢. Of 4 cans tested two were Grade A; the others were Grade C.

Krasdale (A. Krasne Inc., NYC). Unsweetened. 17¢. Of 4 cans tested three were Grade A and one was Grade C.

GRADE C

Silver Mist (Leesburg Canning Co., Leesburg, Fla.). Unsweetened. 15¢. Grade C.

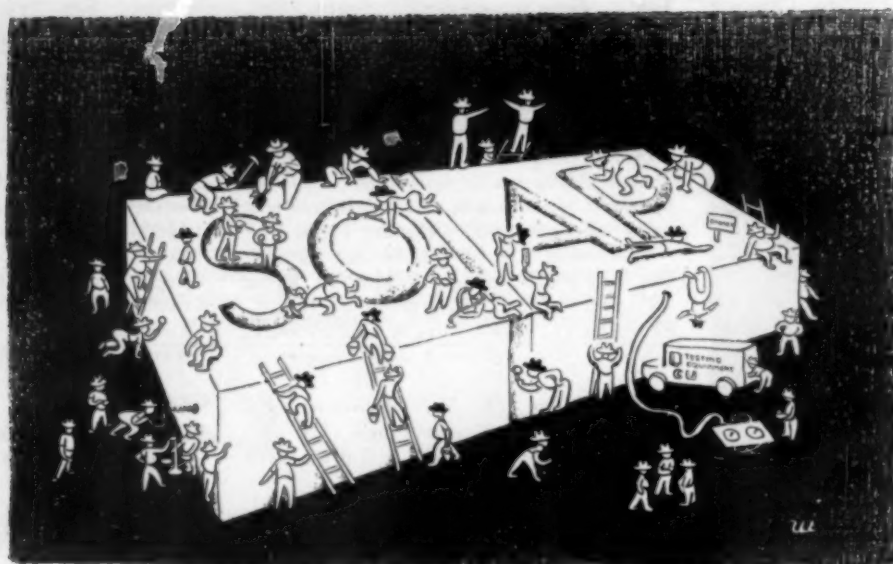
NOT ACCEPTABLE

Best Ever (Leesburg Canning Co.). 15¢. Label did not indicate whether sweetened or unsweetened; sugar content ranged from 11.8% to 13.7%. Of 4 cans tested one was Grade A, two were Grade C and one was substandard because of off flavor and high acid content.

Use Your BUYING GUIDE

In addition to the brand ratings, your annual *Buying Guide* contains a great amount of information on specific types of products, and on numerous household problems. Get into the habit of leafing through your copy of the *Buying Guide* occasionally to look for material you can put to good use. An occasional quick rereading of the material on food, nutrition, drugs, and health problems can benefit almost anyone.

Right now, every home owner among CU's members should reread the section of the *Buying Guide* on household equipment and supplies. There he will find information that will help him prepare for the coming winter. For example, there are pointers on "How to Cut Fuel Consumption" (page 291); advice on "Heating with Coal" and "Oil Heating" (pages 292-296); and information that every home owner in the colder parts of the country needs on "Home Insulation" (pages 296-302). Included under the home insulation category is practical advice on storm windows and doors, weatherstripping, and insulation of roofs and walls.



TOILET SOAP

Tests of 131 brands show enormous differences in cost. But whether you buy 5¢ Ivory or \$1 Elizabeth Arden, you get good soap

You can buy toilet soap for 4¢ a cake or \$1 a cake, and you can pay from 16¢ a pound to \$2.96 a pound (dry weight) for toilet soap, CU's tests of 131 brands show.

Not all the highly advertised brands are costly. For example, you can get *Ivory* or *Swan* at low cost if you like the floating type soap. For such brands as *Camay*, *Palmolive* or *Lux* you'll have to pay about a third more. And for the brands put out by the "glamor" houses—*Elizabeth Arden*, *Lenthéric*, *Dorothy Gray*—the sky is the limit; you can pay as much as a dollar a cake if you're out to buy glamor with a little soap thrown in.

TYPES OF SOAPS

FANCY INGREDIENTS—buttermilk, oatmeal, cold cream, honey and almonds—have nothing to do with the efficacy of a soap, and it's safe to ignore the ads promising eternal attractiveness if you use them. It may be true that superfatted soaps, or those containing cold cream or lanolin will have less tendency to dry some skins than do soaps lacking these additions, but no soap can be counted on to counteract dry skin. The very action of soap in cleansing—the emulsification of the dirt and grease—tends to remove oils from the skin. If your skin is dry, cleanse it with an ordinary soap, then soften it with lanolin or some other emollient cream or

lotion. If the dryness is excessive, dermatologists recommend that a cream alone be used for cleansing.

There are differences between soaps—differences in perfume and color, which are matters of personal taste. There are also differences in the content of inert substances which affect the economy—but these differences are insignificant in comparison with the ordinary small variations in soap content between cakes of the same brand. And there are differences in the fats used which make different soaps more or less satisfactory for different skins. But this is a matter of individual reaction—it means simply that if you find one brand of soap irritating to your skin you should change to another. Degree of alkalinity is important in soaps, but no brands were found to be excessively alkaline.

CASTILE SOAP used to mean a soap made with olive oil and no other oil. Today, however, the term has lost its significance, and practically any oil may be used in a soap so labeled.

HARD WATER SOAP, similarly, may mean practically anything, though originally it referred to soaps made from palm-kernel or coconut oil. Soaps made from these oils lather better in hard water and in cold water than do those made from other oils.

MILLED SOAPS are made by pulverizing

dry soap and then forming it into cakes under high pressure.

FRAMED SOAPS are made by running liquid soap into frames or molds, and allowing it to harden in the air. Framed soaps are much softer, and contain more water than milled soaps; for this reason they are somewhat more wasteful in use.

FLOATING SOAPS are simply framed soaps into which air has been beaten before they have been allowed to harden.

PERFUME AND COLOR are matters of personal preference. There are a few persons who are sensitive to particular perfumes and dyes. If you find a particular brand irritating, try changing to another; you may find it necessary to use an uncolored or unperfumed brand.

MEDICATED SOAPS

Medicated or "antiseptic" soaps, containing sulfur, tar, etc., are recommended by dermatologists for particular skin conditions, but they are not recommended for general use. As far as antiseptic action is concerned, all soaps have it to a considerable degree, in that the mechanical action of the soap floats off surface bacteria, along with the dirt and skin debris. Six brands of medicated soaps, included in CU's tests, are

listed simply in terms of economy and purity, not in terms of germicidal value.

SAVING SOAP

Not wasting soap is as much part of the fat salvage program as not pouring bacon fat down the drain. Here are some rules to follow:

Since dry soap dissolves less rapidly than moist soap, it's a good idea to have several cakes on hand, and unwrap them and allow them to dry out before use.

Whether or not you use floating soap, don't let it swim around in your bath. Keep it in a soap dish which

allows the water to drain off.

TEST RESULTS

Soap-making today is not the hit-or-miss process of years ago; today it is a scientifically-controlled process, and a poor soap is exceptional. CU tested 126 brands of toilet soap and six brands of medicated soap and found all of them either neutral or only insignificantly alkaline. Excessive alkali or acid, which might cause irritation to the skin, was not found in any brand tested. The amount of moisture was also determined, and the cost per pound of dry soap figured from this.

TOILET SOAP RATINGS

Because the soap ratings are based solely on economy, and also because of the large number of brands rated, the "Acceptable" list is arranged in alphabetical order. The cost per pound of dry soap (figure in parentheses) in each case indicates the relative economy

BEST BUYS

(In order of increasing cost. For name of manufacturer and "Availability," see the "Acceptable" list.)

Hudson's White Floating. 15¢ for 2 cakes (16¢).
Blue Label. 45¢ plus postage for 5 cakes (18¢).
Alure. 4¢ a cake (19¢).
Hazel Brand. 4¢ a cake (19¢).
Co-op Floating. 6¢ a cake (20¢).
Nemo White Floating. 5¢ a cake (21¢).
Asco Hard-Water. 13¢ for 3 cakes (21¢).
Aimcee White Floating. \$1.20 for 12 cakes (21¢).
Vandervoort's French Process. \$1.25 for 24 cakes (22¢).
Colgate's Beauty White Bath Size. 20¢ for 3 cakes (22¢).
Colgate's Floating. 6¢ a cake (22¢).
Gondola White Floating. 5¢ a cake (22¢).
Wrisley's Palmo. 5¢ a cake (22¢).
Co-op White Floating. 6¢ a cake (23¢).
LaDore Hard Water Cold Cream. 63¢ plus postage for 12 cakes (23¢).
Macy's Hardwater. 74¢ for 12 cakes (24¢).
Octagon White Toilet. 5¢ a cake (24¢).
Cologne Bouquet. 5¢ a cake (24¢).
Ivory. 5¢ a cake (24¢).
Eavenson's Bridal Bouquet. 14¢ for 3 cakes (24¢).
Swan. 7¢ a cake (25¢).
Colgate's Big Bath. 6¢ a cake (25¢).
Kirkman Complexion. 5¢ a cake (25¢).
Miona Palm Complexion. 5¢ a cake (25¢).
Maxine Complexion. 5.5¢ a cake (25¢).
Wrisley Pure Baby Castile. 5¢ a cake (25¢).
Wards Cold Cream Facial. 59¢ plus postage for 12 cakes (25¢).

ACCEPTABLE

Aimcee Hard Water (A.M.C. stores). 79¢ for 12 cakes (27¢). Available at A.M.C. stores, see p. 10, Buying Guide.
Aimcee White Floating. \$1.20 for 12 cakes (21¢).
Alure (Kroger Grocery & Baking Co., Cincinnati). 4¢ a cake (19¢). Available at Kroger Stores.
Americ Cold Cream Bath (Marshall Field & Co., Chicago). \$2.75 for 6 cakes (\$1.03). Available in Chicago at Marshall Field's Dep't Store.
Ariderma (Lightfoot Schultz Co., NYC). 75¢ for 5 cakes (76¢).
Arline Floral Bouquet (Stix, Baer & Fuller, St. Louis). \$1 for 12 cakes (55¢). Available in St. Louis at Stix, Baer & Fuller's Dep't Store.
Asco Hard-Water (American Stores Co., Philadelphia). 13¢ for 3 cakes (21¢). Available at American Stores.
Barcelona Pure Castile (Barcelona Sales Co.). 18¢ a cake (69¢).
Bathasweet Garden Bouquet (C. S. Welch Co., NYC). \$1 for 3 cakes (82¢).
Blossom (Davison-Paxon Co., Atlanta, Ga.). 10¢ a cake (41¢). Available in Atlanta at Davison-Paxon's.
Blue Label. 45¢ plus postage for 5 cakes (18¢). Available by mail from Cooperative Distributors, 13 Astor Place, NYC 3.
Bullock's Beauty Soap with Lanolin (Bullock's, Los Angeles). 10¢ a cake (47¢). Available in Los Angeles at Bullock's Dep't Store.
Bullock's Dry Skin. \$1.50 for 5 cakes (\$1.26).
Buttermilk Complexion (Armour & Co., Chicago). 6¢ a cake (26¢).
Camay (Proctor & Gamble). 7¢ a cake (35¢).
Cara Nome (Langlois, Inc., Boston). 50¢ a cake (\$1.39).
Cashmere Bouquet (Colgate-Palmolive-Peet Co., Jersey City, N. J.). 9¢ a cake (42¢).
Chalet Pine Scented (Sun Ray Drug Co., Philadelphia). 39¢ for 6 cakes (29¢). Available in Philadelphia at Sun Ray Drug Stores.
Colgate's Beauty White Bath Size (Colgate-Palmolive-Peet). 20¢ for 3 cakes (22¢).
Colgate's Big Bath. 6¢ a cake (25¢).
Colgate's Carnation. 6¢ a cake (29¢).
Colgate's Charmis. 6¢ a cake (29¢).
Colgate's Coleo. 6¢ a cake (29¢).
Colgate's Floating. 6¢ a cake (22¢).
Colgate's Gardenia. 6¢ a cake (29¢).
Colgate's Jasmin. 6¢ a cake (29¢).
Colgate's Lilac Imperial. 6¢ a cake (29¢).
Colgate's Lily of the Valley. 6¢ a cake (28¢).
Colgate's Orchis. 6¢ a cake (29¢).
Cologne Bouquet (James S. Kirk & Co., Chicago). 5¢ a cake (24¢).
Conti Pure Castile USP (Conti Products Corp., NYC). 21¢ a cake (96¢).
Co-op Apple Blossom (National Cooperatives, Chicago). 7¢ a cake (37¢). Available nationally at Co-op Stores.
Co-op with Buttermilk. 6.5¢ a cake (27¢).
Co-op with Cold Cream. 6¢ a cake (30¢).
Co-op Floating. 6¢ a cake (20¢).
Co-op Palm & Olive. 6.5¢ a cake (31¢).
Co-op Pine Scented. 10.5¢ a cake (32¢).
Co-op White Floating. 6¢ a cake (23¢).
Dorothy Gray Nosegay (Dorothy Gray, NYC). 50¢ a cake (\$2.24).
Drake Olive Oil Castile (Drake Laboratories, Philadelphia). 50¢ for 3 cakes (75¢). Available in Philadelphia at Sun Ray Drug Stores.
Dr. Fred Palmer's Skin Delight (Gal-enol Co., Atlanta, Ga.). 25¢ a cake (\$1.37). Available in Atlanta at Jacob's Drug Stores.
Early American Friendship's Garden (Shulton, Hoboken, N. J.). \$1 for 3 cakes (\$1.70).
Eavenson's Bridal Bouquet (J. Eavenson & Sons, Camden, N. J.) 14¢ for 3 cakes (24¢).
Elizabeth Arden June Geranium Bath (Elizabeth Arden, NYC). \$1 a cake (\$2.96).
El Rey Castile (John T. Stanley Co.). 29¢ a cake (44¢).
Fairy (Lever Bros., Cambridge, Mass.). 5¢ a cake (29¢).
Filene's Own Cold Cream DeLuxe (Filene's, Boston). \$1.50 for 12 cakes (55¢). Available in Boston at Filene's Dep't Store.
Filene's Own Complexion Soaps. \$1.25 for 12 cakes (52¢). Buttermilk, oatmeal, honey & almond, lanolin.
Filene's Own Dry Skin Cleansing Cream. \$1.25 for 12 cakes (48¢).
Fine Art Complexion (Armour & Co.). 6¢ a cake (28¢).
Flaroma Cold Cream Assorted Scents (Montgomery Ward). Cat. No.—4238. 49¢ plus postage for 8 cakes (40¢).

Flaroma Cold Cream Pine (Montgomery Ward). Cat. No.—4237. 39¢ plus postage for 6 cakes (33¢).

Fleurs DeLux by Flaroma (Montgomery Ward). Cat. No.—4239. 98¢ plus postage for 12 cakes (43¢).

Frances Denney Wild Rose (Frances Denney, Philadelphia). 50¢ a cake (\$2.22).

Gimbel's Hardwater (Gimbel Bros., NYC). \$1 for 12 cakes (35¢). Available at Gimbel's Dep't Stores.

Gimbel's Palm. 89¢ for 12 cakes (37¢).

Goldblatt's Bond Lanolin (Goldblatt Bros.). 45¢ for 6 cakes (33¢). Available in Chicago at Goldblatt's Stores.

Gondola White Floating (Proctor & Gamble). 5¢ a cake (22¢). Purchased at Woolworth's.

Hazel Brand (National Tea Co., Chicago). 4¢ a cake (19¢). Available at National Tea Co. Stores.

Helena Rubinstein's Apple Blossom (Helena Rubinstein, NYC). \$1.20 for 3 cakes (\$1.46).

Hershey's Cocoa Butter (Hershey Estates, Hershey, Pa.). 6¢ a cake (30¢).

Hudson's White Floating (J. L. Hudson, Detroit). 15¢ for 2 cakes (16¢). Available in Detroit at Hudson's Dep't Store.

Ivory (Proctor & Gamble). 5¢ a cake (24¢).

Jergens (Andrew Jergens Co., Cincinnati). 6¢ a cake (31¢).

Kent Castile (Kent Drug Co., Philadelphia). 35¢ for 3 cakes (51¢). Purchased at Nevins Drug Store, Philadelphia.

Kirkman Complexion (Kirkman & Son). 5¢ a cake (25¢).

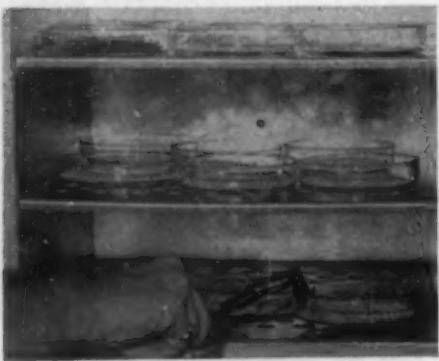
Laco Castile (Laco Products, Baltimore). 10¢ a cake (79¢).

LaDore Hard Water Cold Cream (Sears-Roebuck). Cat. No.—4984. 63¢ plus postage for 12 cakes (23¢).

Lady Godiva (Kitchen Products Inc., Chicago). 6¢ a cake (30¢). Available nationally at Red & White Stores.

Latour (Jordan Marsh Co., Boston). \$1.10 for 12 cakes (40¢). Available in Boston at Jordan Marsh Dep't Store.

La-Var Castile (Marseilles Castile Soap Works, NYC). 5¢ a cake (45¢).



To determine cost for the "dry weight" of soap, weighed samples are ground up and placed in a drying oven for three hours.

What Soap to Buy

If you find that the odor or the color or the shape of a particular brand of soap is especially pleasing to you and you can afford whatever it costs, by all means buy it. But you should do so with the knowledge that, as soap, it is no better than other brands. It won't make you any cleaner and it won't have any greater value for your skin. Remember also that the extra cost to the manufacturer of any particular scent, color or shape is insignificant; therefore, you're as likely to find whatever it is that pleases you among the less expensive brands as among the high-priced ones.

If you find a particular brand (at any price level) irritating to your skin, it probably means that your skin is sensitive to some ingredient, perhaps to the perfume or the dye. Try other brands until you find one that isn't irritating. If, like most consumers, you want to pay only for soap and not for glamor, try some of the brands in the "Best Buy" list.

Lifebuoy (Lever Bros.). 6¢ a cake (27¢).

Lilac-Vegetal-Bath (Scruggs - Vandervoort-Barney, St. Louis). \$1.39 for 12 cakes (39¢). Available in St. Louis at Scruggs - Vandervoort - Barney Dep't Store.

Lux (Lever Bros.). 17¢ for 2 cakes (42¢).

Luxor American Beauty Rosebuds (Luxor, Chicago). Available from Sears-Roebuck, Cat. No.—3775. \$1 postpaid for 4 cakes (\$1.75).

Macy's Almond Scented with Honey (R. H. Macy & Co., NYC). 31¢ a cake (48¢). Available in NYC at Macy's Dep't Store.

Macy's Hardwater. 74¢ for 12 cakes (24¢).

Marshall Field Formula F (Marshall Field & Co.). \$1.50 for 9 cakes (56¢). Available in Chicago at Marshall Field's Dep't Store.

Marshall Field Lanolin Superfatted. \$1.19 for 6 cakes (98¢).

Marshall Field for Soft or Hard Water. 95¢ for 12 cakes (33¢).

Marshall Field Super Fatted Oatmeal. 95¢ for 12 cakes (35¢).

Maxine Complexion (Swift & Co., Chicago). 5.5¢ a cake (25¢).

Miona Palm Complexion (Armour & Co.). 5¢ a cake (25¢).

Nemo White Floating. 5¢ a cake (21¢). Available in H. L. Green Stores.

Oatmeal Complexion (Stix, Baer & Fuller). \$1.19 for 12 cakes (42¢). Avail-

able in St. Louis at Stix, Baer & Fuller Dep't Store.

Octagon White Toilet (Colgate-Palmolive-Peet). 5¢ a cake (24¢).

Palmolive (Colgate-Palmolive-Peet). 7¢ a cake (34¢).

Peggy Knox Dry Skin Superfatted, 25¢ for 2 cakes (45¢). Available in Chicago at Steinway Drug Stores.

Penney's Castile (J. C. Penney). 8¢ a cake (58¢). Available at Penney Stores.

Phillip's Swiss Pine. 5¢ a cake plus postage (26¢). Available by mail from Co-operative Distributors, 13 Astor Place, NYC 3.

Savon a la Violette (Roger & Gallet, NYC). 40¢ a cake (\$2.17).

S.B.F. Castile (Stix, Baer & Fuller). \$1.69 for 15 cakes (68¢). Available in St. Louis at Stix, Baer & Fuller Dep't Store.

S.S.P. Apple Blossom (S.S. Pierce Co., Boston). 25¢ for 2 cakes (57¢). Available in Boston at S. S. Pierce Stores.

S.S.P. Bath Cologne. 25¢ a cake (74¢).

S.S.P. Caravan. 15¢ a cake (59¢).

S.S.P. Cold Cream. 10¢ a cake (39¢).

S.S.P. Deluxe Hard Water. 25¢ for 2 cakes (50¢).

S.S.P. Honey & Almond. 25¢ for 2 cakes (49¢).

S.S.P. Skin Olive & Palm Oil. 10¢ a cake (42¢).

Stanley's Gardenia (John T. Stanley Co., NYC). 8¢ a cake (40¢).

Superfatted Complexion (Stix, Baer & Fuller). \$1.19 for 12 cakes (42¢). Available in St. Louis at Stix, Baer & Fuller Dep't Stores.

Swan (Lever Bros.). 7¢ a cake (25¢).

Sweetheart (Manhattan Soap Co., NYC). 7¢ a cake (35¢).

The Physicians' & Surgeons' (Physicians' Supply Co., Cincinnati). 10¢ a cake (59¢).

T.M.C. Bath Bar (May Co., Los Angeles). \$1 for 4 cakes (54¢). Available in Los Angeles at May's Dep't Store.

T.M.C. Bouquet. \$1 for 12 cakes (36¢).

T.M.C. Dry Skin. \$1 for 12 cakes (43¢).

T.M.C. Pine. \$1 for 12 cakes (38¢).

Tweed (Lenthéric, NYC). 50¢ a cake (\$2.70).

Vandervoort's Cold Cream Complexion (Scruggs-Vandervoort-Barney). \$1.20 for 20 cakes (29¢). Available in St. Louis at Scruggs-Vandervoort-Barney.

Vandervoort's Exquisite Cold Cream Bath—Gardenia. \$1.25 for 6 cakes (43¢).

Vandervoort's French Process. \$1.25 for 24 cakes (22¢).

Vandervoort's Toilet and Cold Cream. \$1.25 for 6 cakes (89¢).

Vita-Derm (Drake Laboratories). 23¢ a cake (\$1.16). Available in Philadelphia at Sun Ray Drug Stores.

Wards Baby Castile (Montgomery Ward). Cat. No.—4283. 23¢ plus postage for 3 cakes (35¢).

Wards Cold Cream Facial. Cat. No.—4246. 59¢ plus postage for 12 cakes (25¢).

Wards Olive Oil Castile. Cat. No.—4651.
33¢ plus postage for 3 cakes (60¢).
Whelan's Salon Cold Cream (Whelan
Drug Co., NYC). 10¢ a cake (49¢).
Available at Whelan Drug Stores.
Whelan's Salon Lanolin Superfatted.
47¢ for 6 cakes (38¢).
Williams Gardenia (J. B. Williams Co.,
Glastonbury, Conn.). 6¢ a cake (33¢).
Williams Lanolin. 15¢ a cake (71¢).
Williams Pine and Balsam. 33¢ for 6
cakes (29¢).
Woodbury Facial (John H. Woodbury,
Cincinnati). 8¢ a cake (36¢).
Wrisley's Palmo (Wrisley, Chicago). 5¢
a cake (22¢).
Wrisley Pure Baby Castile. 5¢ a cake
(25¢).
Yardley Old English Lavender (Yard-
ley, NYC). 35¢ a cake (\$1.91).

MEDICATED SOAPS

The following brands are listed solely to show their cost as soap (see text).

Co-op Tar Shampoo (National Coopera-
tives). 7¢ a cake (36¢). Available na-
tionally at Co-op Stores.
Cuticura (Potter Drug & Chemical
Corp. Laboratories, Malden, Mass.).
22¢ a cake (\$1.07).
Kay Genuine Colloidal Sulphur (Kay
Preparations, NYC). 10¢ a cake
(\$2.43).
Packer's Tar (Packer's Tar Soap, Inc.,
Mystic, Conn.). 21¢ a cake (\$1.04).
Sulforsol (Sulphur Sol Co., Chicago).
Available from Sears-Roebuck, Cat.
No.—4950. 50¢ a cake postpaid
(\$3.60).

Flameproofing Household Textiles

... a report on two flameproofing solutions,
one a Du Pont product, the other made from
ingredients you can get at the drug store

Householders can stop many fires where they start and help reduce the annual toll of some 8700 fatalities from burns, CU technicians concluded after testing two methods of flameproofing for use in the home.

Years of experimentation with flameproofing materials have not yet produced a formula completely effective in fireproofing textiles. But many fires can be prevented if such susceptible articles as curtains, upholstered chairs, drapes, etc. are treated with *Du Pont Fire Retardant* or with a simple solution of borax and boric acid. Fabrics sprayed or rinsed with either of these will be charred and ruined on contact with flames, but they will not actually burn. Neither should be used on clothing because of the possibility that they will irritate the skin.

EFFECTS NOT PERMANENT

The two solutions tested, like most of the processes now in use, met the qualifications most essential in a flameproofing agent. They formed protective, fire-retardant coatings which did not discolor or appreciably alter the feel and appearance of the fabrics to which they were applied. But effects were not permanent. Al-

Almost every household has a danger spot such as curtains near a gas range or heater or an upholstered chair used by a smoker habitually careless with matches. Whether you use the Du Pont solution or the borax-boric acid solution, flameproofing is a simple means of eliminating such hazards.

though the *Du Pont* product was not removed by dry-cleaning, neither solution was water-resistant, and even dry-cleaning removed the borax-boric acid finish.

HOME-MADE SOLUTION

Du Pont Fire Retardant claims to be effective on cottons, rayons, (except acetate rayons), paper, mattresses, draperies and upholstery. Much less expensive is the flameproofing solution which can be made easily at home. It consists of 7 parts of borax and 3 parts of boric acid dissolved in 100 parts of water. Neither solution can be used on materials which are harmed by water.

Both the commercial and the home-made product were tested on pieces of cotton, rayon, corduroy and velvet. Tests were made both after immer-

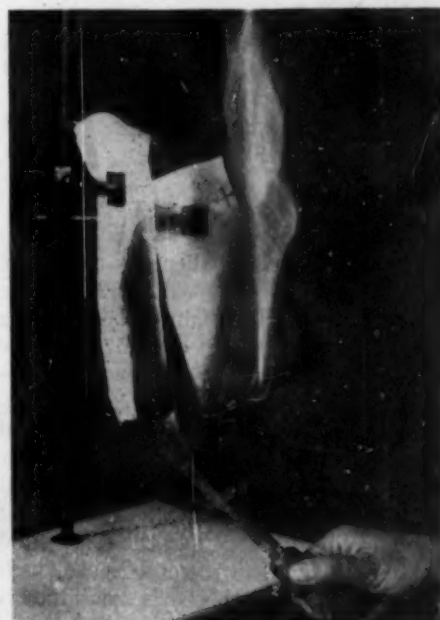
sion of the pieces in the solutions and after the solutions were sprayed onto the pieces. All samples charred, but did not support flame.

To test the finishes for water-resistance and ability to withstand dry-cleaning, the flameproofed samples were divided into two groups. Half were dry-cleaned, the other half washed. Fabrics dipped in the *Du Pont* solution remained fireproof after dry-cleaning but not after washing. The borax-boric acid-treated materials burned after dry-cleaning as well as washing.

METHODS OF APPLICATION

Both solutions can be used either as sprays or as rinses. But in actual practice the *Du Pont Fire Retardant* is most useful as a spray for articles which cannot be dipped—drapes, mattresses and upholstery. For washable things the borax-boric acid solution, used as a rinse, is recommended as more economical, since its initial cost is less and either solution comes out with washing.

When the rinse method is used, the material is saturated, wrung out lightly, allowed to dry and finished with a cool iron. Care should be taken in ironing to avoid discoloration by heat. Articles to be sprayed must first be dry-cleaned and brushed. They should be sprayed lightly until moist, and allowed to dry naturally.



A bunsen burner sets fire to the untreated fabric at the right. The fabric at the left, which has been treated with flameproofing solution, chars but does not burn.

Raisins

*a good food and
candy substitute*

A report on 25 brands of raisins. Many brands were of high quality, and rate "excellent" or "good." Some of the best known brands, however, were found to be only "fair"

If you munch raisins instead of candy, CU recommends that you follow the time-honored practice of raiding the kitchen supply instead of buying a nickle's worth at a time at a candy stand. A regular 15-ounce box may be less attractive, but it is much cheaper than the diminutive candy-counter package which contains only an ounce and a half of raisins—scarcely enough to satisfy even a mild craving—and is three times as expensive as the kitchen-size box.

Rating 25 brands of raisins for flavor, color and appearance, CU found again that good quality doesn't necessarily cost more than poor quality. Some of the lowest priced brands were rated "Excellent" or "Good," while the most expensive brand rated only "Fair."

Raisins provide not only energy, through their abundance of natural fruit sugar, but blood-building iron, bone-building calcium, copper and B vitamins as well.

SUPPLY

California's 1943-44 raisin crop was the largest in the history of the industry. This is good news for the average American, since 95% of the raisins produced in the U. S. come from California's San Joaquin Valley, and since sun-dried grapes account for more than half the total consumption of dried fruits in this country. Although the government has been purchasing a large part of the dried fruit crop for the Army and the Navy and for Lend-Lease, it is probable that last year's good yields will result in the allotment of larger quantities to civilians.

VARIETIES

Thompson seedless raisins, the most popular variety, are made from

white grapes, rich in sugar and tender-skinned. These grapes, which are picked for drying late in August and in September, produce raisins which are dark brown in color, dry and sweet—the type commonly used uncooked in fruit salads and cereals or as a confection.

Seeded muscats are popular for baking. They, too, are made from white grapes, but they are larger than Thompsons, and they seem richer because they contain more fruit sugar.

CONTROLLED DRYING

The sun is still the great drying agent for raisins, but dehydration

(drying in controlled chambers) is beginning to take its place. More sanitary conditions of production make indoor drying desirable. Also, possible loss through damage by rain is eliminated.

If you find that a brand of raisins rated "Excellent" or "Good" is something less than that when you open the box, remember that dried fruits are usually kept in refrigerated storage until they are delivered to retailers. After delivery, however, since they are not packed in moisture-proof packages, they may dry out or become wormy, especially in the Summer. For home storage, empty the contents of newly-opened boxes into glass jars, cover tightly, and keep in a cool place.

QUALITY CRITERIA

Raisins should be well-developed, pliable, meaty and plump, with good color and a sweet characteristic flavor. There should be little or no visible oozing out and solidifying of sugar on and between the berries. Defects considered in grading are stems, off-size and poor color, broken fruit in the case of seedless raisins, and seeds in the seeded berries.

All these were considered by CU's consultants. Ratings were based on the above factors, but note comments.

Brands are listed in order of increasing cost within each group.

EXCELLENT

Finast Seeded (First National Stores, Somerville, Mass.). 14¢ for 15 oz. Excellent flavor, very sweet. Available in New England and N. Y. State at First National Stores.

Bohack's Best Seedless (H. C. Bohack Co., Brooklyn, N. Y.). 15¢ for 15 oz. Good flavor, sweet. Available in Brooklyn and Long Island at Bohack Stores.

Bonner's Seeded (Bonner Packing Co., Fresno, Calif.). 15¢ for 15 oz. Very good flavor. Available nationally.

Red & White Seeded (Red & White Corp., Chicago). 15¢ for 15 oz. Very good flavor. Available nationally except in Southern States at Red & White Stores.

Peter-Pan Seedless (Bonner Packing Co.). 16¢ for 15 oz. Very good flavor. Available nationally.

Royal Scarlet Seedless (R. C. Williams & Co., NYC). 19¢ for 15 oz. Good flavor. Available nationally.

Maid in California (West Coast Growers and Packers, Fresno, Calif.). 5¢ for 1½-oz. package (50¢ for 15 oz.). Good flavor.

Raisin-Bran Combinations

A small handful of raisins in a 10 or 11-ounce package of bran has become the basis for a major advertising campaign based on the theme, "No Fruit to Fix."

The fact is that the few raisins per portion in these mixtures are not a breakfast fruit substitute. Most people get a substantial part of their daily vitamin C quota from fruit or fruit juice at breakfast—and while raisins are very good, they do not contain any vitamin C.

If you eat bran or bran flakes—CU does not recommend it (see the *Reports*, September 1943)—and if you like having raisins with it, the raisin-bran combinations are a convenient way to get them. The cost of the combination is practically the same as buying plain bran and sprinkling it with raisins from a regular 15-ounce box.

But don't forget the fruit juice!

GOOD

Ecco Seedless (Economy Grocery Stores, Boston). 12¢ for 15 oz. Good flavor, sweet. Available in Mass. and Conn. at Stop & Shop Supermarkets and Economy Grocery Stores.

Kroger's Country Club Seedless (Kroger Grocery & Baking Co., Cincinnati). 12¢ for 15 oz. Good flavor. Available in Midwest and South at Kroger Stores.

Co-op Seedless (Eastern Cooperative Wholesale, NYC). 14¢ for 15 oz. Excellent flavor. Available in the East at Co-op Stores.

IGA Vine Ripen'd Seedless (Independent Grocers' Alliance Distributing Co., Chicago). 14¢ for 15 oz. Fair flavor. Available nationally at IGA stores.

Oro Seeded (California Packing Corp., San Francisco). 14¢ for 15 oz. Good flavor. Available nationally.

Martel Seedless (Martel Food Corp., NYC). 18¢ for 15 oz. Good flavor. Available in NYC.

Red & White Seedless (Red & White Corp.). 19¢ for 15 oz. Good flavor. Available nationally except in Southern States at Red & White Stores.

Lion Seedless (Lion Packing Co., Fresno, Calif.). 5¢ for 1½-oz. package (50¢ for 15 oz.). Good flavor. Available nationally.

FAIR

Ecco Seeded (Economy Grocery Stores). 14¢ for 15 oz. Good flavor. Some defects. Available in Mass. and Conn. at Stop & Shop Supermarkets and Economy Grocery Stores.

Wellman Seedless (Wellman-Peck & Co., San Francisco). 14¢ for 15 oz. Fair flavor.

Premier Seedless (Francis H. Leggett & Co., NYC). 15¢ for 15 oz. Good flavor, but rather dry. Fair appearance. Available East of the Mississippi and in Texas.

Sun-Maid Seedless (Sun-Maid Raisin Growers of California, Fresno, Calif.). 15¢ for 15 oz. Good flavor. Poor appearance. Available nationally.

Sun-Maid Seeded (Sun-Maid Raisin Growers). 15¢ for 15 oz. Fair flavor. Some defects. Available nationally.

Co-op Seeded (Eastern Cooperative Wholesale). 16¢ for 15 oz. Good flavor, but very poor appearance. Sugar had oozed out and solidified between berries.

Sun-Kist Seeded (California Packing Corp.). 18¢ for 15 oz. Good flavor, but over-sweet. Fair appearance. Available nationally.

Del Monte Seedless (California Packing Corp.). 19¢ for 15 oz. Fair flavor. Available nationally.

Fruit Cake Golden Seedless (Rosenberg Bros., San Francisco). 23¢ for 15 oz. Good flavor. Many defects. Available nationally.

POOR

Tru-Sweet Golden Seedless (Puccinelli Packing Co., Turlock, Calif.). 14¢ for

15 oz. Fair flavor. Poor appearance not very clean; box contained many damaged berries.

Prunes

even better than raisins (nutritionally)

More than half of all the prunes tested get top rating and most of the remainder are classed as "good." Ratings show good buys among both national and private brands

Though they are seldom used in this way, uncooked prunes, like raisins, make good between-meals munching. But be sure to chew them thoroughly for, like all dried fruits, they tend to swell when moist. If a large amount is eaten without thorough chewing, it may cause intestinal obstruction. Prunes contain almost twice as much copper and iron as an equal weight of raisins, plus abundant supplies of fruit sugar, calcium and B vitamins.

PRUNE QUALITIES

Of 36 brands of prunes tested by CU consultants, 23 were rated "Excellent." Top quality prunes are clean, sound, properly matured and not too dry, with a normal, characteristic color (black or blue-black). They should have fairly tender flesh which does not adhere too closely to the pit. Defects which lower quality include cracks, splits or breaks in the skin; thick or tough scabs, or callous growths; porous, woody or fibrous flesh; fermentation, mold or insects.

Large prunes are considered more desirable than smaller prunes. Gen-

erally they have a higher ratio of flesh to pit, and therefore more edible fruit and less waste per pound. Some indication of size is generally given on the label, either in terms of "Extra Large," "Large" or "Medium," or in terms of the actual number of prunes to the pound. The expression 90/100 means, for example, that there are 90 to 100 prunes in a pound.

The ratings which follow are based on the factors described above, but note comments. Those prunes found "firm" may be a little tough when eaten raw, but they have good consistency when cooked.

Brands are listed in order of increasing cost within each group. Size found is indicated in terms of number of prunes per pound. Figures in parentheses represent cost per pound.

EXCELLENT

Co-op Large (Associated Co-operatives of Northern California, Oakland). 28¢ for 2 lb. (14¢). Good, sweet flavor. Fairly tender. Size 50/60. Available in the West at Co-op Stores.

Richmond Medium (First National Stores). 29¢ for 2 lb. (14.5¢). Good flavor. Firm. Size 70/80. Available in New England and N. Y. State at First National Stores.

Rob Ford Medium (American Stores Co., Philadelphia). 30¢ for 2 lb. (15¢). Good flavor. Tender. Size 70/80. Available nationally at American Stores.

Kroger's Large (Kroger Grocery & Baking Co.). 16¢ for 1 lb. Good flavor. Tender. Size 60/70. Available in Midwest and South at Kroger Stores.

(Continued on next page)

CU's food consultants suggest that you try eating prunes raw just as you eat raisins, since prunes are superior in food value. Children, especially, will be better off if they eat raisins or prunes as a sweet instead of candy. Excessive eating of candy by children is considered to be one of the important causes of tooth decay.



Top quality prunes (left) are clean, sound, properly matured, and not too dry. Poor quality (right) is characterized by cracks, scabs and woody flesh.

Clara-Val Extra Large (Clara Val Packing Co., Morgan Hill, Calif.). 16¢ for 1 lb. Good, slightly tart flavor. Very tender. Size 40/50.

Finast Extra Large (First National Stores). 32¢ for 2 lb. (16¢). Good flavor. Tender. Size 40/50. Available in New England and N. Y. State at First National Stores.

Sugaripe Large (Rosenberg Bros.). 32¢ for 2 lb. (16¢). Very good flavor. Tender. Size 40/50. Available nationally.

Sunsweet Extra Large (California Prune & Apricot Growers Ass'n, San Jose, Calif.). 17¢ for 1 lb. Very good flavor. Tender. Size 40/50. Available nationally.

Del Monte Large (California Packing Corp.). 35¢ for 2 lb. (17.5¢). Good flavor. Fairly tender. Size 50/60. Available nationally.

Sunsweet Large (California Prune and Apricot Growers Ass'n). 17¢ for 1 lb. Good flavor. Tender. Size 50/60. Available nationally.

Grisdale Extra Large (Gristede Bros., NYC). 18¢ for 1 lb. Excellent flavor. Tender. Size 40/50. Available in NYC and Conn. at Gristede Stores.

Drenton's Medium (Drenton & Son, San Jose, Calif.). 19¢ for 1 lb. Good, sweet flavor. Very firm. Size 80/90.

Purple Bloom Large (California Prune & Apricot Growers Ass'n). 19¢ for 1 lb. Very good flavor. Tender. Size 40/50. Available nationally.

Sunbeam Large (Austin, Nichols & Co., NYC). 19¢ for 1 lb. Very good flavor. Tender. Size 50/60.

Sunsweet Medium (California Prune & Apricot Growers Ass'n). 16¢ for 1 lb. Very good flavor. Firm. Size 60/70. Available nationally.

White Rose Large (Seeman Bros., NYC). 19¢ for 1 lb. Very good flavor. Firm. Size 50/60. Available nationally.

Bohack's Best 40/50 (H. C. Bohack Co.). 39¢ for 2 lb. (19.5¢). Excellent flavor. Tender. Size 50/60. Available in Brooklyn and Long Island at Bohack Stores.

Island Manor Medium (H. C. Bohack Co.). 39¢ for 2 lb. (19.5¢). Good, tart flavor. Size 70/80. Available in Brooklyn and Long Island at Bohack Stores.

Red & White Large (Red & White Corp.). 39¢ for 2 lb. (19.5¢). Very good flavor. Tender. Size 60/70. Available nationally except in Southern States at Red & White Stores.

IGA Large (Independent Grocers' Alliance). 20¢ for 1 lb. Good flavor. Tender. Size 50/60. Available nationally at IGA Stores.

S and W Large (S and W Fine Foods, Inc., San Francisco). 20¢ for 1 lb. Very good flavor. Tender. Size 50/60. Available nationally.

Tartan Extra Large (Alfred Lowry & Bro., Philadelphia). 21¢ for 1 lb. Excellent flavor. Tender. Size 40/50.

Lily White 20/30 (R. H. Macy & Co., NYC). 26¢ for 1 lb. Good flavor. Meaty. Size 30/40. Available in NYC at Macy's Dep't Store.

GOOD

Clara-Val Large (Clara Val Packing Co.). 29¢ for 2 lb. (14.5¢). Good flavor. Tender. Size 50/60. Available nationally.

Co-op 60/70 (Eastern Cooperative Wholesale). 32¢ for 2 lb. (16¢). Fairly good flavor. Fairly tender. Size 70/80. Available in the East at Co-op Stores.

Air Mail 80/90 (Richmond-Chase Co., San Jose, Calif.). 17¢ for 1 lb. Good flavor. Fairly tender. Size 90/100.

Budget Pack 80/90 (Grocers Packing Co., Los Angeles). 34¢ for 2 lb. (17¢). Very good flavor. Firm. Size 90/100. Available in Ariz., Nev., N. Mex. and Ore.

Heart's Delight 20/30 (Richmond-Chase Co., San Jose, Calif.). 36¢ for 2 lb. (18¢). Very good flavor. Meaty and firm. Size 30/40.

Stanford Medium (California Prune & Apricot Growers Ass'n). 37¢ for 2 lb. (18.5¢). Good flavor. Tender. Size 60/70. Available nationally.

Stanford Large (California Prune & Apricot Growers Ass'n). 19¢ for 1 lb. Good, tart flavor. Size 50/60. Available nationally.

Bohack's Fancy 40/50 (H. C. Bohack Co.). 39¢ for 2 lb. (19.5¢). Good flavor. Tender. Size 50/60. Available in Brooklyn and Long Island at Bohack Stores.

FAIR

Royal Scarlet Medium (R. C. Williams, NYC). 19¢ for 1 lb. Flat flavor. Firm. Size 80/90. Available nationally.

Pansy Medium (Guggenheimer & Co., San Francisco). 19¢ for 1 lb. Flat flavor. Firm. Size 70/80. Available nationally.

Heart's Delight 60/70 (Richmond-Chase Co.). 22¢ for 1 lb. Fair flavor. Fairly tender. Size 70/80.

POOR

Cello-Pack 60/70 (Safeway Stores). 26¢ for 2 lb. (13¢). Poor flavor. Dry, little flesh. Many shriveled prunes. Size 70/80.

Bohack's-Oregon 35/45 (H. C. Bohack Co.). 39¢ for 2 lb. (19.5¢). Slight fermentation flavor. Excessive defects. Size 40/50.

Paper Towels

Laboratory tests of 27 brands of paper towels for strength, amount of water absorbed, and speed of absorption show many good brands despite wartime problems faced by paper industry

There is no need to buy paper towels which are water-resistant, harsh, poorly perforated, or in other ways unsatisfactory and annoying. Rating 27 brands, chiefly on the basis of their efficiency as "driers," CU technicians found a wide choice of towels which showed good absorbency and met all other requirements.

Since absorbency is the quality most essential in a paper towel which is to be used for drying jobs, it was the factor given greatest consideration in the ratings. Of course, in many emergencies for which paper towels are constantly pressed into service—wrapping food, for example—other factors are more important than ability to absorb moisture quickly. To help shoppers select a towel suited to their particular needs, the special qualities of each brand are described briefly in the ratings.

ABSORBENCY TESTS

Laboratory tests determined both the amount of water a 7x11½-inch towel could absorb and hold, and the speed with which absorption took place. Total absorption was measured by immersing the towel in a given amount of water for a specified time, then withdrawing the towel and measuring the water left in the container. Absorbency-rate was tested both before and after artificial aging which tends to slow down absorption (affecting the paper in about the same way as storage for six months). The Seda towel came out first in absorbency rate, absorbing water more than 100 times as fast as Ben Mont Mastercraft which was so slow that it was rated "Not Acceptable." All brands were tested also for bursting strength.

It is quite possible for a paper towel rating very high in laboratory tests to rate still higher as a source of annoyance to its user. To be entirely acceptable, paper towels should be free from disagreeable odors both wet and dry (also a good test of the cleanness of the pulp used in manu-

A paper towel that is strong, that will hold a large amount of water and absorb it quickly, will do a good job of drying your hands or mopping up spilled liquids. But even a good towel is unsatisfactory if the perforations between sheets are so poor that you can't tear off a sheet without pulling down the whole roll.

facture), they should not be harsh, they should be free from splinters, and perforations should be good enough to make tearing easy. As a result of examination for these characteristics, three brands, in addition to those rated down for excessive weakness or poor absorbency, were rated "Not Acceptable": Pasadena, because of the presence of splinters; Co-op Red Label and Climax, because they were so poorly perforated as to cause extreme annoyance to the user. On the other hand, none of the towels had a disagreeable odor, and, though some were considered stiff, they were not too harsh to be satisfactory for ordinary use.

CHANGES IN THE MARKET

Prices, ranging from eight to 15¢ a roll, have not changed since CU last tested paper towels in 1942. However, a quality comparison between 1942 and 1944 samples of nine brands examined in both years, indicates that quite different papers are now being sold under the old brand names. Surprisingly enough, considering the difficulty manufacturers have in getting pulp, some of the changes represent definite improvements in quality. Planet has gained in speed of absorption without losing strength; Dart has gained in both absorbency and strength; Co-op Blue Label and Red Cross have increased in strength while maintaining their former absorbency. Staller and Evergreen, however, have lost in speed of absorption.

In the following ratings, brands are listed in the order of their excellence as towels, with absorbency and bursting strength the determining factors. Unless otherwise noted, price is for a roll of 150 towels, 11 x 7½ inches in size.

BEST BUYS

Red Cross (A. P. W. Paper Co., Albany). 9¢. Very strong. Absorbed quickly, slightly less than average amount of water. Available nationally.

Co-op Blue Label (Eastern Cooperative Wholesale, Inc., Brooklyn). 9¢. Strong; absorbed quickly more than average amount of water. Available in the East at Co-op Stores.

Park Economy Towels (Park Tissue Mills Inc., NYC). 10¢. Very strong; absorbed quickly an average amount of water. Available nationally.

Daintee (Krasne Bros., NYC). 10¢. Strong; absorbed quickly an average amount of water.

ACCEPTABLE

(In estimated order of quality)

Park Economy Towels (see "Best Buys").

Soft Spun (Stevens & Thompson Paper Co.). 15¢ for 160 towels (14¢). Strong; absorbed quickly an average amount of water. Available in northeastern States.

Daintee (see "Best Buys").

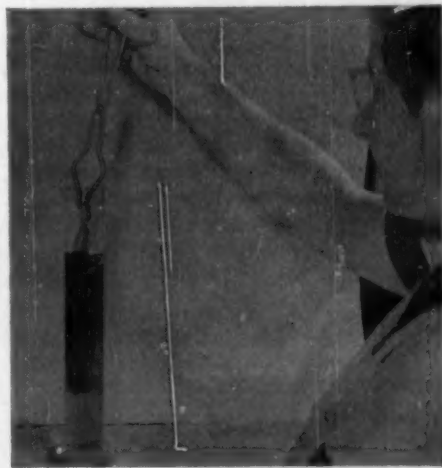
Red Cross (see "Best Buys").

Six-Seventy (Abraham & Straus, Brooklyn). 13¢. Strong; absorbed quickly an average amount of water. Available at Abraham & Straus, Brooklyn.

Co-op Blue Label (see "Best Buys").

Scot Towels (Scott Paper Co., Chester, Pa.). 11¢. Strong; absorbed quickly slightly more than average amount of water. Available nationally.

Seda (Gotham Tissue Corp., NYC). 12¢.



Paper towel being lifted out after suspension in measured amount of water. This test determines how much water the towel will hold.

Fairly strong; absorbed quickly an average amount of water.

Bamberger's (L. Bamberger & Co., Newark, N. J.). 10¢. Medium strength; average rate of absorbency; absorbed more water than any other towel tested. Available at Bamberger's, Newark, N. J.

Co-op Kitchen Towels (Eastern Cooperative Wholesale Inc., Bklyn.). 9¢. Fairly strong; absorbed quickly slightly less than average amount of water. Available in the East at Co-op Stores.

Wanamaker (John Wanamaker, NYC). 15¢. Strong; absorbed less than average amount of water at average rate. Available at Wanamaker's in NYC and Philadelphia.

Advance (Ashland Paper Mills Inc., Ashland, N. H.). 11¢. Fairly strong; absorbed more than average amount of water at average rate.

Super Dry (Red & White Corp., Chicago). 13¢. Fairly strong; absorbed average amount of water at average rate. Available in New England, Middle West and Rocky Mountain area at Red & White Stores.

Blue Ribbon (Woolworth). Embossed. 10¢. Fairly strong; absorbed more than average amount of water at average rate. Did not always tear at perfora-

tions. Available nationally at Woolworth's.

Dart (Kress Stores). 10¢. Fairly strong; absorbed average amount of water at average rate. Available nationally at Kress'.

Gotham (Gotham Tissue Corp., NYC). 10¢. Weak; absorbed less than average amount of water at average rate.

Planet (Biltmore Paper Co., NYC). 15¢. Weak; absorbed less than average amount of water at average rate.

Renfrew (A.M.C.). 14¢. Very strong; absorbed average amount of water slowly. Available at A.M.C. Stores; for list of stores, see page 10 of the Buying Guide.

Dawn (Independent Grocers' Alliance Distributing Co., Chicago). 10¢. Fairly strong; absorbed less than average amount of water slowly. Available nationally at IGA Stores.

NOT ACCEPTABLE

The following were considered "Not Acceptable" because they were too weak, or they absorbed too slowly, or had defects such as poor perforations, splinters, etc.

Co-op Red Label (Eastern Cooperative Wholesale, Inc.). 10¢. Fairly strong; absorbed more than average amount

of water quickly. Would be a "Best Buy" except for extremely unsatisfactory perforations.

Pasadena (Park Tissue Mills Inc.). 10¢ for 100 towels (15¢). Weak; absorbed average amount of water at average rate. Contained splinters.

Climax (A.P.W. Paper Co.). 30¢ for 150 towels 11 x 13½ inches. Strong; absorbed average amount of water slowly. Poorly perforated; no protective wrapper.

Belmont (First National Stores, Inc., Somerville, Mass.). 8¢. Weak; absorbed slightly more than average amount of water slowly.

Centaur (Centaur Tissue Corp., Brooklyn). 12¢. Weak; absorbed less than average amount of water slowly. Poorly perforated.

Evergreen No. 27 Standard Ward's Cat. No.—7423 (Hoberg Paper Mills, Green Bay, Wisc.). 10¢. Strong; absorbed slowly the smallest volume of water of all papers tested.

Statler (Statler Tissue Co., Somerville, Mass.). 10¢. Strong; absorbed average amount of water very slowly.

Ben Mont Master Craft (Ben Mont Paper Inc., Bennington, Vt.). 10¢. Fairly strong; absorbed average amount of water very slowly.

Canned Tuna Fish

(with apologies)*

CU's food consultants examined 56 brands of tuna, and while most were "Acceptable," there were great differences in quality between brands selling for the same price

It's possible to get tuna which is really white. But CU's examinations of 56 brands show that when the label says "white," the contents may be any color in the whole tuna spectrum. Price, too, is an unreliable guide to tuna quality. *Premier* cost 47¢ for a seven-ounce can of light yellow meat which claimed to be white, whereas *A&P White Meat* was really white and cost only 38¢ for the same-sized can.

TUNA "GRADES"

The four "grades" recognized by the tuna industry refer not to quality, but to the different species of tuna, the species being graded on the basis of color. Thus the generally preferred white meat of the albacore or long-fin tuna is Grade 1; Grade 2 is the pinkish-white meat of yellow-

fin tuna; Grade 3, the slightly darker meat of blue-fin; Grade 4, the dark or brownish-pink striped tuna.

Moreover, the grade numbers appear to be well-guarded secrets. Ac-

** When CU planned the tests on canned tuna fish and purchased the samples, the product was comparatively plentiful on store shelves throughout the country. And then OPA took canned fish off the ration lists, and in almost no time tuna cans disappeared from the shelves. We humbly apologize for presenting a report on something you probably can't get. But now tuna is back on the ration list, and you soon may be able to buy it again. And the ratings may prove useful after all.*

tual grades were not marked on the labels of any of the brands examined. Tests indicated that the "white meat" designation was applied to all grades, but that in most cases cans labeled "white meat" were Grade 1 or Grade 2. Of 30 brands so marked, only 11 were actually white, the others ranging from off-white to mixtures of light and dark meat. The term "light meat" was used generally to describe Grades 2 and 3, but sometimes it was used for Grade 4. The brands labeled "light" ranged in color from light pink to dark, salmon-brown. Cans labeled merely "tuna" usually contained a dark-meat variety.

FANCY AND STANDARD

The label terms, "fancy" and "standard," refer only to style of pack. Cans containing large pieces of

solid meat ("steak" cut) may be labeled "fancy"; cans containing at least 75% large pieces may be called "standard." The small pieces or flakes accumulated during the cutting process are packed as "flakes," "pieces," "shredded" or "grated" tuna fish, and are sometimes coarsely ground for uniformity of appearance. So far as flavor is concerned, the latter types of pack may be just as good as "fancy" or "standard" packs, and choice would depend upon the way in which the fish is to be served. As a rule, the light-meat and the flaked or grated packs are cheaper than the fancy, white-meat packs—as they should be. But a comparison of "Best Buys" with "Not Acceptable" brands shows that the rule is frequently broken.

Can sizes, too, are deceptive; be sure to read labels for weight. Some brands are packed in 6- or 6½-ounce cans, which at casual glance look like the usual No. ½ (7-oz.) cans. The few larger-sized cans purchased contained 12 or 13 ounces. One brand—*Silver Crest Shredded White Meat*—was packed in a 3-oz. can.

HOW TUNA IS CANNED

The eviscerated fish are rinsed in cold water, placed in wire baskets and cooked in live steam under slight pressure. Since cooking, even for a short time, causes considerable loss of oil and body juices, cooking time varies. Some canners maintain that long cooking makes the fish hard and less flavorful, while others believe that long cooking makes it whiter.

After cooling, the fish are skinned and cut into sections, by hand or by machinery. All styles—"steak" or "flakes"—are packed in previously salted and oiled cans (about ⅛ ounce of salt and one ounce of oil to a 7-oz. can). Cottonseed is the oil most often used. Soy, corn and peanut oils are also used, though usually in combination with cottonseed oil. If there seems to be very little oil in grated or flaked tuna, this is because the smaller pieces absorb more oil than large pieces, not because less oil was added.

BASIS OF RATINGS

Two cans of each brand were examined for condition of can; quality of pack; color and flavor of meat; grade (species of tuna); amount, color and quality of oil; net weight; and such defects as blood spots, skin, veins, bones, and dark, liverish particles. Flavor accounted for 50% of



Quality of oil, color of meat and absence of defects help determine the quality rating of tuna, but flavor is the most important single factor in the quality score.

the total rating-score, with quality of oil and color of meat next in importance. Pack quality was scored on the basis of the degree to which cans were completely filled, size of pieces and presence of defects. Brands with excessive defects were considered "Not Acceptable."

Price given in the ratings is for a 7-oz. can unless otherwise stated.

BEST BUYS

Blue Brand Standard White Meat (S. S. Pierce Co., Boston). 37¢ Very good

flavor; white meat. Available in New England.

A & P White Meat (A&P, NYC). 38¢. Very good flavor; white meat. Available nationally at A&P Stores.

Strand Fancy White Meat (Strand Fisheries, Hoquiam, Wash.). 38¢. Very good flavor; light meat.

Warranty White Meat (Sun Harbor Packing Co., San Diego, Calif.). 39¢. Very good flavor; light pink meat.

ACCEPTABLE

(In estimated order of quality)

Blue Brand Standard White Meat (see "Best Buys").

A&P White Meat (see "Best Buys").

Haase's White Meat (A. C. L. Haase Co., St. Louis). 48¢. Very good flavor; white meat. Available in Midwestern and Southern States.

Manhattan Quality Fancy White Meat (Manhattan Grocery Co., NYC). 90¢ for 13 oz. Very good flavor; white meat. Available in NYC, N. J. and Conn.

Red Label White Meat (S. S. Pierce Co.). 45¢. Very good flavor; meat off-white in color. Available in New England.

Strand Fancy White Meat (see "Best Buys").

Silver Crest Shredded White Meat (Columbia River Packers Ass'n., Astoria, Ore.). 21¢ for 3 oz. Very good flavor; white meat. Available nationally in large cities.

White Rose Fancy White Meat (Seeman Brothers, Inc., NYC). 51¢. Very

Notes on Preparation

Some variations of the standard tuna fish salad may add interest to this well-known dish. Here are two:

SCALDED TUNA SALAD

Select a brand in which the tuna is packed in steaks. Remove the fish from the can, being careful not to break it. Drain off the oil, and cut the meat into three-quarter inch cubes. Scald the cubes with boiling water and chill. For dressing, use mayonnaise which has been thinned with a little lemon juice. Mix with the chilled tuna, taking care not to break up the cubes. Place in the center of a platter, surrounded with quarters of well-chilled tomatoes and lettuce leaves.

COMBINATION TUNA SALAD

Chill in the refrigerator a can of tuna fish (packed in steaks), two hard boiled eggs, tomatoes and romaine lettuce. Quarter the eggs and the tomatoes, cut the romaine into inch-and-a-half pieces, and salt lightly. Add the tuna fish, which has been cut into three-quarter inch cubes. Then pour over it, a tablespoonful at a time, the french dressing (recipe below) which you have prepared in advance. Toss the salad lightly with a spoon and fork after each addition of dressing.

FRENCH DRESSING

Place in a jar one good-sized clove of garlic (cut in two), ½ teaspoonful of salt, ½ teaspoonful of dry mustard and ½ teaspoonful of paprika. Add two tablespoonfuls of vinegar or lemon juice, and pour in slowly, stirring with a spoon all the while, about a cupful of olive oil or other salad oil. Keep covered in a cool place, but not in the refrigerator. This will keep for several days.

good flavor; white meat. Available nationally.

Gill Netters Best Fancy White Meat (Union Fishermens Co-operative Packing Co., Astoria, Ore.). 41¢. Very good flavor; white meat.

Papco Brand White Meat Flakes (Point Adams Packing Co., Hammond, Ore.). 39¢ for 6½ oz. Very good flavor; white meat. Available in New York, New England and Ill.

Peacock Fancy White Meat (Point Adams Packing Co.). 48¢. Very good flavor; white meat. Available in New York, New England and Ill.

Bumble Bee Brand Fancy White Meat (Columbia River Packers Ass'n.). 47¢. Very good flavor; white meat. Available nationally in large cities.

Tartan Fancy White Meat (Alfred Lowry & Bro., Philadelphia). 82¢ for 13 oz. Very good flavor; meat off-white in color.

Premier White Meat (Francis H. Leggett & Co., NYC). 47¢. Very good flavor; light yellow meat. Available east of the Mississippi.

Warranty White Meat (see "Best Buys").

Silver Beauty White Meat Flakes (San Xavier Fish Packing Co., Monterey, Calif.). 39¢ for 6 oz. Good flavor; mixed white and light pink meat.

Sierra Fancy White Meat (San Xavier Fish Packing Co.). 46¢. Good mild fish flavor; white meat.

Golden Anchor White Meat Shredded (Union Fishermens Co-operative Packing Co.). 79¢ for 12 oz. Very good flavor; meat off-white in color.

Royal Scarlet Fancy White Meat (R. C. Williams & Co., NYC). 51¢. Very good flavor; light meat. Available nationally.

Mother's Best Light Meat (Harlem Sugar Co., Inc., NYC). 42¢. Very good flavor; pink meat.

Dellford White Meat (Middendorf & Rohrs, NYC). 48¢. Very good flavor; light pink meat. Available in NYC.

Van Camp's White Meat Flakes (Van Camp Sea Food Co., Terminal Island,

Calif.). 34¢. Good flavor; light salmon pink meat. Available nationally.

White Star Fancy (White Star Canning Co., Terminal Island, Calif.). 38¢. Good flavor; pink meat. Available nationally.

Star-Kist Fancy (French Sardine Co., Terminal Island, Calif.). 37¢. Good flavor; dark meat. Available nationally.

Sea View Light Meat (West Coast Packing Corp., Long Beach, Calif.). 39¢. Good flavor though salty; dark meat. Available in NYC, Boston, Phila., Chicago, Kansas City, St. Louis, San Francisco and Los Angeles.

Yellowstone Light Meat (Paxton & Gallagher Co., Omaha). 37¢. Very good flavor; dark meat.

Halfhill's Fancy White Meat (Halfhill Co., Los Angeles). 47¢. Good flavor; meat off-white in color.

Red Robe White Meat Flakes (General Grocer Co., St. Louis). 37¢. Good flavor; light pinkish brown meat. Short weight.

Thompson's Swift Water. Shredded White Meat (Columbia River Packers Ass'n.). 57¢ for 12 oz. Good flavor; mixed light and dark meat. Available nationally in large cities.

Royal Pacific Fancy (South Pacific Canning Co., Long Beach, Calif.). 34¢. Very good dark meat flavor; pink to dark red meat. Available nationally.

Robin Light Meat Flakes (General Grocer Co.). 37¢. Good mild fish flavor; salmon pink meat. One can short weight.

Wespac Grated White Meat (West Coast Packing Corp.). 39¢ for 6 oz. Good mild fish flavor; light pink meat. Available in NYC, Boston, Phila., Chicago, Kansas City, St. Louis, San Francisco and Los Angeles.

Martel's Fancy White Meat Flakes (Adolph Goldmark & Sons Corp., NYC). 43¢ for 6 oz. Good mild fish flavor; pink meat. Available in NYC.

Far-Famed Fancy Light Meat (West Coast Packing Corp.). 42¢. Good flavor although slightly salty; dark meat. Available in NYC, Boston, Phila., Chicago, Kansas City, St. Louis, San Francisco and Los Angeles.

Krasdale Light Meat (A. Krasne, Inc., NYC). 44¢. Good flavor; medium dark pink meat. Available in NYC, Penna., Conn., N. J., R. I. and Mass.

Biltmore Fancy Light Meat (Coast Fishing Co., Wilmington, Calif.). 29¢. Good flavor but salty; dark pink meat. Available in Western States.

Chicken of the Sea White Meat (Van Camp Sea Food Co.). 45¢. Good mild fish flavor; medium light meat. Available nationally.

Savoy White Meat Flakes (Seeman Bros., Inc.). 45¢ for 6½ oz. Fair flavor; light pink meat. One can short weight. Available nationally.

Sea Gold Grated Light Meat (South Pacific Canning Co.). 37¢ for 6 oz. Good

flavor but salty; light salmon pink meat. Available nationally.

Ocean Gift Fancy (Franco-Italian Packing Co., Terminal Island, Calif.). 45¢. Good flavor; dark salmon color meat.

Breast-O'-Chicken Fancy (Westgate Sea Products Co., San Diego). 39¢. Good dark meat flavor; dark salmon pink meat. Available east of the Mississippi and in Iowa, Texas, Ariz. and Calif.

California Grated (Sun Harbor Packing Co.). 34¢ for 6 oz. Fair flavor; dark pink meat.

Wespac Light Meat (West Coast Packing Corp.). 29¢. Fairly good flavor; dark brownish pink color. Available in NYC, Boston, Phila., Chicago, Kansas City, St. Louis, San Francisco and Los Angeles.

Hunt's Fancy Light Meat (Hunt Bros. Packing Co., San Francisco). 29¢. Flavor peculiar to dark meat variety of tuna, but good; pink to dark red meat.

Ration Brand Grated (Halfhill Co.). 39¢ for 6 oz. Fair flavor; pink meat.

Cortez Flakes (Westgate Sea Products Co.). 34¢ for 6 oz. Good flavor although salty; mixed salmon pink and red meat.

Chicken Tender White Meat Flakes (Westgate Sea Products Co.). 41¢ for 6 oz. Fair, slightly fishy flavor; mixed light and dark meat. Available east of the Mississippi and in Iowa, Texas, Ariz. and Calif.

Pillar Rock Fancy White Meat (New England Fish Co., Seattle, Washington). 39¢. Flavor variable; pink meat.

"Really Fine" Grated Light Meat (Ocean Food Products Co., Los Angeles). 29¢ for 6 oz. Fair flavor—fishy; light salmon-pink meat.

Sunset Grated (Southern California Fish Corp., Los Angeles Harbor). 60¢ for 12 oz. Fair flavor—slightly fishy; very dark meat.

NOT ACCEPTABLE

Chicken Salad (Franco-Italian Packing Co., Inc.). 30¢. Two cans tested were not uniform. Flavor varied from poor to good; one can contained some skin and tissue. Dark brownish pink meat.

Golden Strand Grated (Sun Harbor Packing Co.). 25¢ for 6 oz. Strong brined fish odor and flavor; dirty dark pink-brown color.

Ocean Chief Grated Dark and White Meat (Paragon Packing Co., Astoria, Ore.). 43¢ for 6 oz. Fairly good flavor but "Not Acceptable" because of decidedly unappetizing appearance.

Pyramid Flakes (Franco-Italian Packing Co.). 33¢ for 6 oz. Very poor flavor; some skin and dark tissue; dark pink meat.

Royal Dish Grated Light Meat (West Coast Packing Corp.). 33¢ for 6 oz. Very poor flavor; salmon-brown meat; poor appearance.

Sea Diver Grated Light Meat (Calliguria Food Products Corp., Los Angeles). 30¢ for 6 oz. Strong fishy flavor; dark salmon-brown meat.



FLASHLIGHTS

CU tested many different brands as well as unbranded flashlights, but found the market too chaotic to permit ratings. If you shop carefully, you can find some worth buying

The few well-known brands of flashlights which are still available appear to have deteriorated little since CU last examined them in 1942. Unfortunately, however, that's no occasion for celebration; the sad fact is that the general run of flashlights was none too good even in prewar days. By 1942, with substitute materials and general cutting of corners in construction details, most flashlights on the market were so poor that any further deterioration would have made them virtually useless.

SHOP CAREFULLY

Present indications are that the near future will see an easing of restrictions on some of the materials used in flashlight construction and better ones may subsequently appear in the stores. But if you can't wait for this happy state of affairs, your only alternative is to shop the current sellers' market, and try to get the best you can find under the circumstances.

Stocks of flashlights are low on most dealers' shelves; you'll find that it will pay you well to shop around among several hardware stores, five-and-ten's and department stores before making your choice. This is a poor time to buy a flashlight by mail order. You run the chance of a delay because of low stocks, or of an unsatisfactory substitution instead of the model ordered. Besides, even if you do get the light pictured in the catalog within a reasonable time, there is always the chance that you'll receive a "lemon" which would never have passed the inspection line before Pearl Harbor.

MATERIAL

Except for prewar stocks, plastic and fiber cases have completely replaced metal cases among the flashlights on the market today. This makes them lighter than earlier models—as much as one ounce in the case of *Usalite Swivel-Head*. Among lights tested by CU, the cases were, in general, superior to those tested in 1942. Most of them tended to be

flexible rather than brittle, and therefore had less tendency to break when dropped or hit. Not all plastic cases were satisfactory, however. In the case of *Ristlite*, a specially-shaped light which is strapped to the wrist, the excess of flexibility resulted in poor fit of the parts, which interfered with operation.

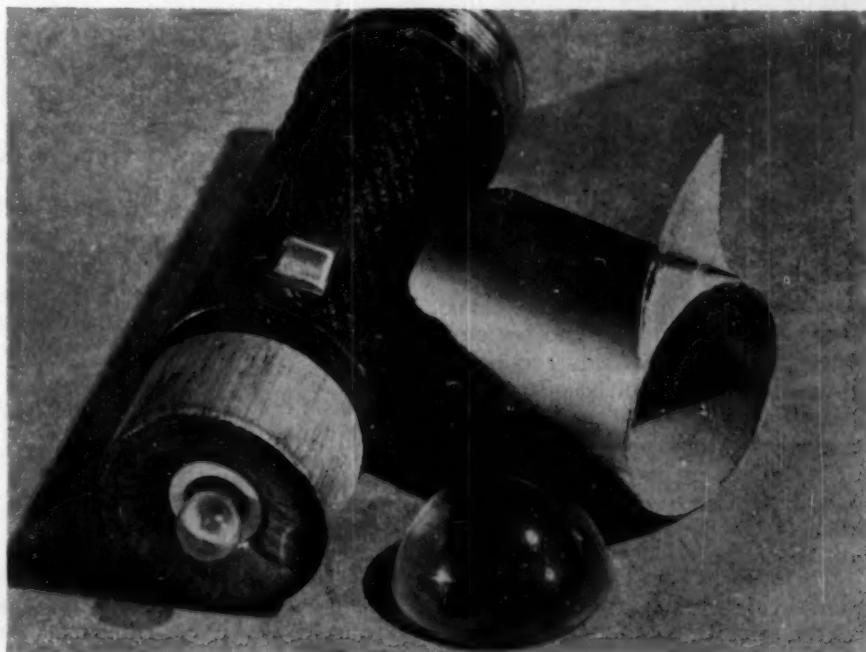
All the plastic cases and lenses tested were found to be inflammable, in tests made in accordance with Federal Specifications. CU does not, in general, consider this an important hazard in a flashlight. However, if you are concerned with the possibility, the fiber cases are more fireproof than the plastic. You can recognize the difference by the fact that plastic is hard and shiny, whereas fiber is dull, with the feel of compressed cardboard. Incidentally, some of the plastic cases are rather malodorous; therefore a "nose test" may be in order.

MECHANISMS

No flashlights of the focusing type were found on the market; all were prefocused. The switches of most of the lights examined were simple on-off mechanisms, with no flash (lighting when a button is depressed and turning off automatically when pressure is released) or safety (a "lock" so that the light cannot be turned on) positions. Button and belt hooks are other convenience factors hard to find. Nor are the flashlights equipped with shock-resisting spring protection for bulbs.

ILLUMINATION

Good illumination is a prime essential for a good flashlight. And bulb, batteries, reflector and lens contribute to this. Very little advice can be given on batteries or bulbs at the present time. The market situation on both is such that the consumer is generally in the position of having to take what he can find, hoping for the best. Lenses are made of either glass or plastic. Glass has the advantage of being more transparent, and of having less tendency to get scratched than plastic. On the other hand, plastic doesn't break and, with normal care, it can maintain satisfactory transparency for years. A lens that is badly marred can, however, cut off a large portion of the illumination, and should be replaced.



Examine before you buy! This \$1.49 flashlight is unique in having a metal case. But if you take it apart you discover that there is no reflector, and the lens is held in place by a thin cardboard cylinder.

Never buy a flashlight with a dull plastic lens.

LOOK FOR GOOD REFLECTOR

An inefficient reflector can make the difference between good and poor illumination. Look for a reflector having a bright, silvery luster, not a rather gray, steel-aluminum shine.

For general use, the spot of illumination of a prefocused flashlight should be no more than about nine inches in diameter at a distance of five feet. The light should be round and clean at this distance, not ragged or spotty. There is no simple method by which consumers can judge intensity of illumination, though accurate measurements can be made by means of photoelectric meters. For practical purposes, the important thing is that the light should be bright enough to fulfill the function for which it is intended. It is obvious that the flashlight you take with you on a camping trip, to be used to follow a poorly marked forest path, will have to be brighter than novelty gadgets like the *Purselite*, intended to help you find the keyhole at a two-inch distance.

HOW TO SELECT

There are a number of points you should check before you buy a flashlight:

BATTERIES: They should be easy to insert and to take out. It is best if both ends of the battery compartment can be opened, so that you can apply pressure if batteries get stuck.

BULBS: Some replacement mechanisms are highly complicated. Ask the salesman to show you how bulbs are changed, then try it yourself to be sure you understand and can do the job of bulb-changing.

SCREW THREADS: On some flashlights, the screw threads at top and bottom are so short that the ends come off with a fraction of a turn; on others, the threads are poorly cast, so that once opened, they are virtually impossible to close. Check with the batteries in, to see that the threads work and that they hold firmly.

SWITCH ACTION: Check both with and without batteries; it should operate with the same smoothness both ways. It should not take too much pressure to turn the light on and off, but the action should not be so easy that the switch will turn on accidentally, from a light touch.

Correction

When CU reported on dictionaries last January, *Webster's Student's* dictionary was given a good rating despite the fact (we said) that it was not a real Webster. Now the G. & C. Merriam Company, the only publisher of the genuine Webster dictionaries, informs us that we were in error. The *Webster's Student's* is theirs and it is genuine. We are happy to correct the error.

FLICKER: There should be no flicker when the flashlight is turned on and shaken vigorously. Nor should any shaking turn the flashlight on when the switch is in the "off" position.

CARE

In most households, flashlights are used only occasionally, but they have to be in good operating condition for use in emergencies. For this reason, it's worth taking a little trouble to check them occasionally. Try turning them on every week or two, to see whether the batteries are still charged. When the light won't burn, or burns only weakly, *remove the batteries immediately*. Dead cells, left in the case, may swell and corrode, damaging or even ruining the case. If you have a spare flashlight which you know you won't be using for some time, store it without batteries.

Periodically unscrew the parts of your flashlight, and smear a bit of vaseline on the threads. That way you won't have to take them apart with a wrench because they've become stuck.

If yours is a flashlight that rolls easily, see that it's wedged against something if you keep it on a shelf. Or if you keep the light in a drawer, see that it's packed in tightly, so that it won't roll and hit against other objects as you open and close the drawer. These precautions are particularly needed with wartime models in which the bulbs are poorly protected.

NOVELTIES

"**WATERPROOF**" flashlights, such as the *Allbright Streamliner* (\$1.94), have no particular virtue. Under certain conditions it is possible that the *Allbright* would live up to its claim that "it will light after 24 hours' immersion in water." But this would not be due to any particular water-

proofness on the part of the flashlight; any flashlight will operate under water, *provided* it is pure distilled water—which is rarely encountered in normal flashlight usage. Actually, tests showed that both bulb and battery compartments of the *Allbright* were water-logged after four hours' immersion; when a bit of salt was added to the water (making it a good conductor of electricity), another sample of the *Allbright* would not light after a half-hour bath. The illumination given by *Allbright* was at best only fair.

STREAMLINED flashlights, like streamlined electrical equipment of all types, have no special usefulness, unless you're trying to see how far you can throw one.

PURSE SIZE or pocket size flashlights may be useful when compactness is the main consideration, but they cannot be expected to give much illumination. The models using two type-AA cells, give more light than the tiny lipstick-type gadgets, using only one cell. Check construction carefully; many are very poorly put together, with switches that are apt to turn on the light by accidental pressure. One model, widely sold in 10¢ stores, had no switch; it was turned off by unscrewing the bulb. If you unscrew the bulb too far, the flashlight is liable to fall apart in your pocket or purse; if you don't unscrew it enough, it is likely to turn on by contact with something in your pocket or bag.

Another model sold in 10¢ stores, having a single cell, had no permanent "on" switch; it simply flashed when a button on the battery end was pushed in. Its construction was flimsy, and chances are it wouldn't be working when you needed it.

RISLITE, a special-type flashlight designed to be strapped on the wrist, leaving the hands free, is less useful than might first appear. Actually, the hand on which the light is strapped is not free; it must be held in position to illuminate the desired object. And added to this, the other hand is kept busy when the light has to be turned on or off. The samples of *Rislite* tested were found to be poorly constructed: on two, it was impossible to remove the bulbs; on one, a major adjustment had to be made to make the on-off switch operable. The plastic cases were flimsy, and the parts fitted together

poorly. The illumination was only fair.

SWIVEL-HEADS, such as that on the *Usalite Swivel-Head*, are useful for some purposes. With flashlights so constructed, it is possible to stand the light on end and aim the beam where desired—an asset when you have engine-trouble on the highway; or when you're trying to read a meter in a dark cellar, and to write down what you read. The *Usalite Swivel-Head* (\$2) was a relatively well-constructed product, giving good illumination. It had three features seldom found in flashlights today: a safety position on the switch (so that the light cannot be turned on by accidental pressure), a shock-protected bulb, and a belt clip.

TESTS

Two to three samples of eleven different flashlights were tested by CU consultants for illumination, quality of switch, durability of case, inflammability of case, and general construction. No ratings are given here, since it was found that the market was so chaotic that most samples were unbranded, and it was impossible to duplicate most of the samples several weeks after the original purchases were made. Instead, the stores featured different unbranded models. CU believes that the general advice here given will be more useful in the selection of a flashlight than specific ratings.

Watch for . . .

Work on the following reports, among others, is either now under way or scheduled to begin soon:

Dentifrices

**Permanent Phonograph
Needles**

Winter Motor Oils

Clinical Thermometers

Canned Salmon

Tomato Juice

Knitting Yarn

Women's Slips

Dehydrated Soups

Cigarette Lighters

HEALTH AND MEDICINE

HAROLD AARON, M. D., SPECIAL MEDICAL ADVISER

MEDICAL CONSULTANTS: Dr. Anton J. Carlson—Chairman, Dep't of Physiology, University of Chicago; Past President, American Physiological Society; Dr. Theodor Rosebury—Assistant Professor of Bacteriology, College of Physicians & Surgeons, and School of Dental and Oral Surgery, Columbia University; Dr. Marion B. Sulzberger—Ass't Professor of Clinical Dermatology and Syphilology, New York Post-Graduate Medical School, Columbia University; Editor, *Journal of Investigating Dermatology*.

CU's Medical Consultants give technical advice on matters of medicine which lie within their fields. CU is responsible for all opinions concerning social, economic and public health questions.

Menstruation

A discussion of the menstrual cycle, the causes of irregularity in the cycle, and menstrual difficulties. These difficulties, whether physical or emotional, can be treated

The commonest interval between menstrual periods is 28 days (counting from the first day of flow), but intervals as short as 23 days and as long as 33 days are fairly frequent among normal, healthy women. The duration of the flow, too, is variable; five days is average, but periods of one to seven days' duration are common.

Precise regularity of intervals between periods is so rare as to be a medical curiosity. Many women who insist that their periods come "like clockwork" find, when they keep a record, that their clocks tend to be fast or slow at times. Careful checking of the records of thousands of women and girls confirms the medical aphorism: "The only thing regular about the menstrual cycle is its irregularity."

The first menstruation usually takes place between the ages of 12 and 14, though onset at any age from 11 to 16 is considered normal. In young girls, the average interval between periods is usually greater than in older girls and women, and the irregularity of the periods is also greater.

THE MENSTRUAL CYCLE

The cycle of menstruation is caused by a somewhat complex interplay of hormones from the ovary and the pituitary glands, and possibly from the adrenal glands. The first step in

the cycle is the secretion of a special hormone by the pituitary gland. This circulates in the blood, and when it reaches the ovaries, it stimulates the growth of "follicles" which, in turn, produce the eggs. At the same time, the follicles produce the so-called "estrogenic" hormone, which stimulates the growth and development of the lining of the uterus, so that it is in a condition to receive the egg.

On about the fifteenth day preceding the onset of the period, the egg is extruded from the follicle, which then develops into what is known as the "corpus luteum," and secretes a hormone known as "progesterone" or "progestin." This hormone, acting on the lining of the uterus, completes its development into a "progestational" condition—a condition suitable for pregnancy. If the egg is fertilized at this time, it becomes an embryo and becomes implanted in the uterus. If this occurs, the corpus luteum survives and maintains the uterus in a condition favorable for pregnancy. If, however, the egg is not fertilized, the corpus luteum degenerates and ceases to deliver progestin into the blood stream. In turn, the lining of the uterus, which has become gorged with blood, degenerates and is passed out through the vaginal canal. This is the menstrual flow.

This is the general pattern of the menstrual cycle. Characteristic of it is the rhythmic flow and ebb of hor-

mones from the pituitary gland and the ovaries, each influencing the other, and each having a part in the changes taking place in the uterus throughout the menstrual cycle.

FERTILE PERIOD

Fertilization of the egg can take place only in the few days following ovulation, when the follicle has ruptured and released the egg. There is no way, however, of determining the exact time at which ovulation occurs, and therefore no way of knowing just when fertilization is likely to take place. The most accurate statement that can be made is that the fertile period for most women is from the eighth day to the twentieth day of the cycle, counting from the

first day of the period. All the rest of the cycle is *theoretically* a period of sterility.

CAUSES OF IRREGULARITY

While the process of menstruation is essentially the result of the interaction of the ovarian and pituitary hormones, it is well to remember that it is subject to other influences as well. Poor nutrition, organic disease of the ovaries or other organs and disturbances of the endocrine glands, such as the adrenal and the thyroid, may profoundly influence the menstrual cycle. Nor should the effect of emotional disturbances be neglected. As a matter of fact, it is well known that worry over the possibility of non-appearance of the menses may actually delay their appearance.

Slight irregularity certainly need cause no worry. But if the flow has been occurring at fairly regular intervals, and there is a marked change in the rhythm which persists, and is associated with a change in the volume of flow, it is best to consult a physician.

The absence of menstruation, "amenorrhea," may have many causes. Amenorrhea is quite common during some acute diseases, such as typhoid fever or pneumonia; it is frequently present in chronic diseases, particularly tuberculosis, diabetes, some kidney diseases, and some types of anemia, or in disorders of the thyroid, ovary or pituitary glands. A general rundown condition of the body or inadequate nutrition may be responsible. Or there may be a physical obstruction, such as a tumor, in the vaginal canal, obstructing the flow. Obviously these are medical problems, and require the skill of a competent physician.

DYSMENORRHEA

Most women experience some discomfort just before and during the menstrual period. When the pain is so serious as to be disabling, when it is accompanied by other symptoms such as nausea or vomiting, it is known as "dysmenorrhea." In some cases, the dysmenorrhea is caused by organic disease of some portion of the reproductive system—obstruction of the cervical canal, endocrine disturbance, incomplete development of the uterus, displacement of the uterus, or an allergic condition. This is known as primary dysmenorrhea; it can be remedied by proper medical treatment.

The causes of secondary dysmenorrhea are less well established. Certain measures may give temporary relief to some women: hot compresses, cold compresses, hot baths, the judicious use of drugs such as aspirin or the barbiturates. It should be emphasized, however, that use of drugs must be *judicious*, particularly during this period. With the exception of small doses of aspirin, drugs should be taken only under the supervision of a physician. Many women are sensitive to the ingredients in some patent medicines sold for the alleviation of menstrual pain, and their use has resulted in severe illness and even death.

PSYCHOLOGICAL FACTORS

The influence of psychological factors on menstruation is very great. Basic to this is the effect of menstruation on the psychological or emotional development of the growing girl. Though menstruation is only one of a number of factors profoundly influencing emotional life, it is a very important factor.

The first menstrual period is often a trying experience to the young girl, even though she may have been prepared for the event by her mother or older sister. For several years before her menses appear, the young girl is generally aware of her mother's "secrets." The latter's menstrual discomforts, bloody garments and complaining remarks can make a strong impression; the act of menstruation may become associated in her mind with blood, pain, cruelty and a general threat to her well-being. Later education may not effectively obliterate these early painful impressions, so that menstruation may, throughout life, continue to be accompanied by anxiety and severe pain.

It is unfortunate that many mothers who talk to their daughters about pregnancy, conception and birth neglect to take the same enlightened approach to the problem of menstruation. Perhaps this is because in civilized, as well as in primitive peoples, menstruation continues to be identified with "uncleanliness," and even danger. Yet it is important that mothers try to overcome any such inherent revulsion; they should explain calmly and frankly the meaning of the bleeding and the rules of hygiene to be followed during the period.

Even when they are intellectually prepared, some girls have difficulty

"...The Strangest Thing in All Nature"

"Surely the process of menstruation is the strangest thing in all Nature. An important organ—the uterus—serving an indispensable function is overtaken at regular intervals by a destructive change in the structure of its lining, part of which undergoes dissolution with hemorrhage, and must be re-organized in every monthly cycle. The loss of blood from organic tissues, everywhere else in the animal kingdom a sign of injury, even of danger, is in this organ the evidence of healthy function. To make the puzzle greater, menstruation is by no means general in the animal kingdom. It occurs, indeed, only in the human race, in the anthropoid apes . . . in the baboons, and in the old world monkeys; in short in a closely related group of primates, in one little portion only of the great class of mammalia. No other animals in forest, plain or sea, hiding in dens or grazing the fields, undergo in the course of their cycles any such phase of hemorrhage. It is a paradox, indeed, that this curious phenomenon of periodic breakdown, seemingly an imperfection, a physiological flaw, is characteristic solely of the females of the very animals we are pleased to think the highest of earth's creatures."—from the chapter on menstruation in the book, *The Hormones in Human Reproduction* by Prof. George W. Corner.

adjusting themselves to menstruation, and they may react to it with excitement, anxiety or depression. Sometimes they have built up an expectation that the first period will bring maturity and emancipation from the domination of the parents. And they are disappointed when the menstruation brings no new privileges; this disappointment may become deeply lodged, and may recur at each period for many years.

PREMENSTRUAL TENSION

Sometimes the week or two before the onset of the period is marked by intense feelings of irritability, nervousness, "jitters," insomnia and headache. It is thought by many gynecologists that this period of "premenstrual tension" may be due to an excess of estrogenic hormone in the blood. The excess appears to cause a retention of salt in the tissues. The condition of premenstrual tension has often been successfully treated by a plan that attempts to rid the tissues and the blood of excess hormone and salt. The judicious use of prescribed cathartics, the restriction of salt in the diet, and the use of certain "acidifying" drugs are the practical measures employed by doctors.

But in many cases, the trying tension is due even more to psychological factors. The shock associated with the first period may produce a period of painful expectation for a week or two prior to every subsequent period. A feeling of revulsion—or possibly its opposite, complete unconcern or even happiness—may also attend the process of menstruation. How a girl behaves under the circumstances depends on many factors: the age at which the menses first appeared, her level of psychological development, and her relationship to her parents, especially her mother, and to her sisters.

The important thing for parents to remember is that the feelings connected with the first menstruation have a tendency to recur at subsequent periods. When the first experience has been a severe trial to her, it may apparently be forgotten—repressed into the subconscious or unconscious layers of the mind—but it is nevertheless active at each period, and may be responsible for the recurrent appearance of disturbing symptoms. In fact, the first menstrual experience may have an important influence on later sexual development.

It is important, therefore, to see

that she be fully prepared for her first menses. Because difficulties associated with menstruation and resulting from menstruation are so largely psychological, if these difficulties are serious, it would be wise to seek the advice of a competent psychiatrist.

ACTIVITY DURING MENSTRUATION

The period of menstruation used to be considered a time of enforced inactivity, a recurring illness. But as women have taken their place in business and industry, they have learned that normal activity during the period is not only harmless, but actually beneficial.

The notion that a woman should not bathe during menstruation is old-fashioned and wholly invalid. Warm baths or showers at this time are not only perfectly harmless; they are highly desirable, both for hygienic reasons, and because they may elim-

inate some of the discomfort of menstruation. Most women find cold baths uncomfortable at this time, however. In fact, chilling may cause abdominal cramps, and may even temporarily halt the menstrual flow. Many are not troubled by this; they may even enjoy swimming when the flow is slight.

Nor is it desirable to avoid exercise; in fact a moderate amount of exercise is often recommended for the alleviation of dysmenorrhea. It is best to avoid excesses to which one is not accustomed: heavy lifting, over-exhaustion. Otherwise, there is no need for "pampering."

It is considered important, during the menstrual period, to avoid constipation. Mineral oil may be helpful in this, but laxatives containing irritating substances, such as phenolphthalein and senna, aggravate rather than alleviate dysmenorrhea.

Who Killed Cock Robin?

"The reduction of the death rate by approximately 40 per cent during the first four decades of the present century is one of the most significant events in human history. In such an achievement, there is glory enough for all. . . .

"To claim the fruits of victory for one individual professional group is therefore unwarranted. To associate them with a particular sector of one profession operating on a particular economic plan is still more unjustifiable. Yet this is what has been attempted: the flood of propaganda literature issued by the publicity staff of the 'National Physicians Committee for the Extension of Medical Service'. . . . The committee states that it has printed 20 million copies of one of these leaflets, which claims that the achievements of the past twenty years have been accomplished by 'American Doctors' operating under 'the American system'; and it is obvious that, by the American system, is meant the private practice by individual physicians on a fee-for-service basis—since the entire flood of this propaganda is directed against any further participation by government in the development of more adequate medical care. Such an argument obviously raises the question whether American doctors practising on the particular system which the National Committee prefers, or on the equally 'American' plan of official public service, deserve a major share of credit for our reduced death rates. As Governor Smith used to say: 'Let's look at the record.'"

"... Typhoid fever and diphtheria mortality rates [between 1900 and 1940] have been reduced by 97 per cent. The results accomplished in the case of typhoid fever have been due to the

work of the engineer, to purification of the public water supplies, improvement in sanitary conditions, and to epidemiological control and immunization programs, conducted by health officers. In the case of diphtheria, administrative control, and the use of antitoxin and later toxoid, are responsible for the accomplishment. . . .

"Diarrhea and enteritis of infants has been reduced by 92 per cent through the pasteurization of milk supplies, under the leadership of public health authorities and through the establishment by boards of health and visiting nurse associations of well baby clinics. . . .

"The group of infectious diseases of childhood . . . have shown a 91 per cent reduction in mortality, due in large part to vigorous and energetic epidemiological control on the part of public health authorities. Tuberculosis, which has been cut down by 77 per cent, represents the result of a program carried on . . . through the leadership of public health departments, public health clinics, and publicly maintained sanatoria. . . .

"It seems certain that the organized public health profession rather than the private medical practitioner is responsible for a major part of the gains . . . made during the past 40 years.

"... It may be hoped that a sound system of prepayment which will make good medical care available to the lower economic half of the population, now woefully lacking in such services, would produce notable results in the reduction of many other causes of death than those which have so far been successfully attacked."

from the *American Journal of Public Health*, June, 1944

NEWS AND INFORMATION

MEDICAL CARE for the People

by Harold Aaron, M.D.

Despite an intensive, nation-wide campaign by the American Medical Association to prevent any change in the basic set-up of medical care, new methods of providing for the entire population are needed

In June, the American Medical Association met in convention in Chicago. The principal addresses at this convention emphasized the good works that the leaders of American medicine had accomplished since the last convention, two years ago. The Speaker of the House of Delegates [the legislative body of the AMA] commended the delegates for their "record of action in all issues which touched in any way the freedom and dignity of the individual American citizen." This, according to the AMA, has been "the fundamental issue" in this period of our nation's war for survival.

THE PHYSICIANS COMMITTEE

Apparently believing that any means is justified, the AMA created a propaganda agency, the National Physicians Committee for the Extension of Medical Care. The publicity campaign of this committee in the past year, possibly unsurpassed by any previous campaign in American history for deception and vituperation, may be considered the hysterical but purposeful defense of a system of medical care equated with the idea of liberty.

The belief in the righteousness of its cause does not relieve organized medicine of the responsibility for its actions. The distribution of medical care is a social problem involving hospitals and social agencies and resources, as well as doctors' services.

Because doctors determine the cause and treatment of disease, it does not follow that they can dictate the social organization of medical service. The present system of medical care has become outworn because it has failed to bring to the majority of the people the achievements of medical science. It is characteristic of all outworn systems to resist change strongly.

FEE-FOR-SERVICE

If we reduce the high-sounding phrases of organized medicine to their essence, we find that by "freedom of the individual," etc., is meant the wish to perpetuate a time-honored system of medical care known as "fee-for-service." In that system, medical care is a commodity that is sold to those who can afford to buy it, and donated as a charity to those who can't.

The fee-for-service system of medical practice was less objectionable when competent medical care could be given by a private practitioner.

"Medical Care for the People" is an address presented by CU's Medical Adviser at the Consumers Union annual meeting, which was held in Washington on June 30th. Dr. Aaron is the author of the books, "Our Common Ailment," and "Good Health and Bad Medicine."

But medical science has grown so rapidly in the past two decades that no single doctor can be expert in all its fields. Specialties and sub-specialties have arisen and the integration and coordination of these specialties has become a prerequisite for high-quality medical care. The organization and functioning of modern hospitals and clinics exemplify this new concept of medical care. At the same time, the services that hospitals and specialists can give have become too costly for the majority of the people. Thus, the fee-for-service system of private practice has become a burden on the people. It has prevented free access to the benefits offered by medical science. It has also hampered the advance of medical science and the economic and professional welfare of the majority of medical practitioners themselves.

There is no need to recall the abundant evidence of the inadequacy of present medical care. The findings of the Committee on the Costs of Medical Care, the National Health Survey, Selective Service and the Farm Security Administration are eloquent and depressing testimony of their validity. Yet so deep-rooted is the antipathy of leaders of organized medicine to change, to any relinquishment of their power over medical practice, that they have hypnotized themselves into believing that we have reached the golden age of medicine and that any improvement in medical care must come within the confines of the fee-for-service system.

MEDICAL ADVANCES

The assumption that the private practice of medicine is responsible for the advances in medical science and techniques is made by the defenders of that system. They choose to overlook the fact that almost all these advances were made by full-time, salaried investigators and physicians connected with universities, private and government research institutes and public health agencies. They choose to overlook the fact that the reductions in death rate in this country have occurred mainly in those diseases subject to public health measures—typhoid and paratyphoid fevers, diphtheria, diarrhea and dysentery, measles, scarlet fever and whooping cough and other acute and chronic infectious diseases. They overlook the fact that the system of private practice has made and can make little headway in the prevention and treatment of the host of chronic

diseases that affect our aging population.

The impotence of private practice in this respect has become so obvious that several State Health Departments have had to supply facilities for the diagnosis and treatment of chronic diseases such as cancer. Many have organized similar facilities for the treatment of heart diseases. And almost all of the wealthier States have programs for the diagnosis and treatment of pneumonia, venereal disease and tuberculosis. New York City even has a public clinic for tropical diseases. It is apparent that when private medical practice is unable to solve medical problems, public services have had to step in.

GROUP PRACTICE NEEDED

The general practitioner and the specialist can assume their true places in the evolving scheme of medical practice only if they cease to become petty distributors of medical service and organize into a group, the unit of medical practice that has proved itself time and again more efficient and less costly than private individual practice.

The conviction that in the fee-for-service system we have an efficient system of medical practice runs through all the propaganda of the AMA and the National Physicians Committee. It has even had its influence on friends of national or federal health insurance, friends who agree that national pre-payment health insurance is necessary to provide people with the means to purchase adequate medical care but who are reluctant to see fee-for-service medicine go. It is responsible for the assumption that the indigent as well as the wealthy get high-quality medical care. The AMA even names the price—it says it gives away one million dollars worth of free care every day, each year.

HIGH-QUALITY CARE

If we examine this propaganda critically, we find that it is not consistent with the facts. It must be remembered that high-quality medical care can be obtained only in the best hospitals and medical centers of the large cities—the teaching hospitals. Not all the urban indigent can be taken care of in these hospitals. In smaller cities, in towns, and above all in the rural areas, high-quality care for the indigent just doesn't exist.

We can perhaps get some insight

into the quality of medical care received by the indigent and the medically indigent by careful reading of medical journals. I should like to quote just a few:

IN MUNICIPAL INSTITUTIONS

"The type of patient found in the clinics of municipal institutions—undernourished, neglected, discouraged, often with an advanced state of peripheral arterial insufficiency, seen for the first time with rapidly spreading gangrene and sepsis. . . ."

—*The Use of Refrigeration in Amputation and in Peripheral Vascular Disease*, by Dr. E. Everett O'Neil, Visiting Surgeon, Boston City Hospital; Clinical Professor in Surgery, Boston University, School of Medicine. Published in the New England Journal of Medicine, February 24, 1944.

"Of 100 consecutive patients with cancer of the rectum, only 36 had had adequate rectal examinations prior to admission to hospital. Because of the frequent incidence of cancer of the rectum and the successful results following early operation, the responsibility of the general practitioner is clear. That nearly two-thirds of 100 patients . . . had not had an adequate rectal examination is rather appalling. . . ."

—*Importance of Rectal Examination in the Prognosis of Rectal Carcinoma*, by Dr. E. W. Shearburn. Published in the Journal of the American Medical Association, August 22, 1942.

INADEQUATE EXAMINATION

"Between 20 and 25% of patients admitted to the Mount Sinai Hospital because of cancer of the rectum had undergone treatment for hemorrhoids during the preceding two to five months without adequate digital or proctoscopic examination of the rectum. . . ."

—Garlock, Ginzburg and Glass. Published in the Journal of Surgery, Gynecology and Obstetrics, 76:51, 1943.

These are not reports from war production areas where there are critical shortages of doctors and other health personnel, but from large cities, and of cases many of which were collected before the war.

The contradiction of wonderful resources for preventive and curative medicine and the failure to apply these resources to the health needs of the people, has been recognized for

many years by all unbiased observers. The AMA at first refused to admit the discrepancy. It maintained that everyone could get care if he wanted it. Today the AMA admits that some people can't get good care. Its leaders insist, however, that those in the lower and middle income group can get adequate medical service if they subscribe to a voluntary, pre-payment insurance plan. Blue Cross or Associated Hospital Service insurance, at first fought by the AMA, has now become the model for its health insurance program. Voluntary hospital insurance and voluntary pre-payment cash indemnity insurance for catastrophic illness are the paths along which the AMA wants to see medical care evolve.

INSURANCE TOO LIMITED

It happens that both forms of insurance provide too limited a coverage to meet essential health needs. Hospital insurance takes care of serious illness, surgery and obstetrical care. It does not provide for the use of hospital resources for the detection of disease in its early stages, for the practice of preventive medicine, which is an important function of hospitals and health centers. As for voluntary insurance under commercial insurance company or medical society control, it has failed to reach more than about four million people in a decade or more of trial, it is too expensive for the service it gives, and above all, it fails to provide free access of the patient to the doctor for the treatment of everyday illnesses. Most serious disease is not "catastrophic" and therefore cannot be provided for by voluntary insurance

"... medical science has grown so rapidly in the past two decades that no single doctor can be expert in all its fields. Specialties and subspecialties have arisen and the integration and coordination of these specialties has become a prerequisite for high-quality medical care. The organization and functioning of modern hospitals and clinics exemplify this new concept of medical care. At the same time, the services that hospitals and specialists can give have become too costly for the majority of the people. Thus, the fee-for-service system of private practice has become a burden on the people."

methods. In order to be able to provide complete coverage for all illnesses, it is necessary to have a larger insurance pool than a voluntary insurance plan can provide. When 100 million people rather than four million people are in an insurance pool, complete medical and hospital service can be provided. The only way 100 million people can get health insurance is obviously through participation of the Federal government. Under Federal auspices, a large insurance pool can be administered equitably with a single uniform system of records and with the setting up of high standards of practice. As Senator Murray has said, "The taking of records, the payment of benefits, the detailed arrangements with doctors and hospitals, the hearing of appeals would be carried out in the local community . . . the system should be guided at all levels of administration by the advice of workers, employers, doctors and other groups who have a large stake in the system. This [will] . . . assure democratic and responsible administration. Congress would maintain an over-all watch on the workings and the effectiveness of the system."

AMA'S CAMPAIGN

The opposition by the AMA to Federal health insurance has been vehement, to put it mildly. In its campaign against the Wagner-Murray-Dingell Bill, it acquired the help of the American Bar Association, large drug store chains, proprietary medicine manufacturers, and just plain reactionary or defeatist elements who will climb on any wagon as long it rides over the present administration. The AMA is untroubled by its bedfellows, as long as they will contribute to its financial and political arsenal for the purpose of arousing the people against a Federal social and health security program.

The insistence that national prepayment health insurance will destroy private initiative and free enterprise, reduce doctors to political robots and destroy the personal relationship between doctors and patients runs through all the propaganda of the AMA. The fear of "political medicine" is really a fear that the people themselves are going to have a voice in the administration of medical care.

Mr. Homer Folks, the well-known authority on public welfare and secretary of the State Charities Aid Association, made some caustic comments on medical politics in an address given before the American

Public Health Association in October, 1943. Said Mr. Folks:

"It must be put into the record . . . regrettable though it is, that medical organizations, local, state and federal, often with only a slight understanding of public health problems, have been bewildered and alarmed by governmental action on public health; have opposed plans that were not microscopic in volume; and have tried to insist upon administration by small government units, which were more likely to be subject to their influence."

"STATES' RIGHTS"

Another argument against Federal social security is "States' Rights." The real reason why the AMA and its allies urge "States' Rights" is that

through State legislatures they can control the contributions and the legislation. The States' Rights doctrine has permitted corporations in many States to block proper legislation protecting workers from silicosis and other industrial hazards justifying compensations. It is an old device for halting any progressive legislation.

Finally, it is proper to ask whether medical care under the tight control of a medical bureaucracy is preferable to medical care under the supervision of the Federal Government. Bureaucracy under any system of administration is inevitable. In Federal administration it is at least subject to the influence of the people and their representatives. A medical bureaucracy is not. It is time that the people made their choice.

HOUSING

after the War

by Simon Breines

Any solution to postwar housing problems demands recognition of the fact that private interests cannot provide for the needs of families in the lower income brackets

Housing is frequently advanced as a factor in the solution of postwar problems. And it is obvious that housing can play a large part in our fight against unemployment and in the rehabilitation of our economy after the war.

The extent of our housing need is frequently argued, but most authorities today agree that just before the war about 40 million Americans lived in 10 million substandard, obsolete dwellings. Allowing for increase in population, particularly in the number of families, the drop in normal construction in the past three or four years, and the inevitable deterioration of existing housing, the consensus of expert opinion seems to indicate that this country needs about 15 million new dwelling units. Of

course, all these homes cannot be provided at once; a 10 or 15 year program of about one million new units a year is perhaps the maximum that is realistic.

PRIVATE HOUSING

When we consider the means for achieving such a program, it is probably simplest to divide the field in terms of private and public housing organizations.

In the private field, the little builders predominate. The average American small-home builder before the war produced less than twenty houses a year, and most of these cost \$10,000 or more, land included. (Incidentally, less than 5% of all houses built are designed by architects.) Then there is the housing developer who puts up

row houses and dwelling units costing from \$5,000 to \$10,000. This type of builder is on the increase and you are all acquainted with his work, having seen it in the FHA projects of recent years. Most of this type of housing is built for sale.

OUTSTANDING PROJECTS

And finally, there are the large-scale housing organizations which build for sale and rent. Some outstanding examples in this group are the garden-type communities of Sunnyside, N. Y. and Radburn, N. J.; the multi-story apartment projects of the Metropolitan Life Insurance Co. in Parkchester; and the postwar Stuyvesant Town in New York City, which will have upwards of 30,000 rooms. The average rent in these projects is about \$14 per room per month, including heating, hot water, periodical redecorating and other apartment services. If we multiply this by four (the size of apartment needed by the average family, which is 3.7) it means that the rent for the average dwelling units in these projects is about \$56 per month.

Actually, these large-scale housing organizations represent the greatest efficiency and economy in construction. Moreover, they are investment enterprises and not speculative in the usual sense. Therefore, it may be stated that this rental of \$56 is the lowest average possible for a decent, urban dwelling produced by private enterprise.

HOUSING & INCOME

On the theory that a family paying \$56 in rent can afford 25% of its income for housing, we find that the lowest income level for which the most efficient private operators can provide new housing is \$2680 per year. In other words, under normal conditions private housing enterprise cannot build for families with annual incomes below \$2680. It is, of course, possible that four rooms in such projects are rented by families with lower incomes; but in that case they are purchasing housing at the expense of other necessities such as food, health services, etc.

In 1936, some 87% of urban families in this country earned less than \$2500 a year. This means that the most efficient producers of housing, even with the best good will, can provide new housing on an economical basis for only about a sixth of the urban population.

The picture presented by the housing shortage situation is, in some ways, quite similar to that in the health field [see page 000]. Before the war, no new homes at all were built by private enterprise for families earning less than \$1000 per year; only 1% of new homes were built for families with \$1500; and so on up the scale. By and large, the families with incomes of \$2,500 and less had to accept houses that had outlived their original attractiveness and market value.

PUBLIC HOUSING

There are various types of agencies concerned with public housing. First there is the *all-federal* type, which has been known by many names, and is today the Federal Public Housing Agency. Then there is the *federal-aid* type which provides loans up to 90% to local agencies which put up the balance. Most municipal housing projects are in this category; they are locally built and managed. Finally, there is the *all-local* project which is financed entirely by local funds.

Since public housing has attempted to supply families in the low income brackets, it has inevitably stirred up strong opposition. A powerful effort is being made right now by real estate and mortgage interests to curtail public housing in the postwar period. The main argument is that public housing is in unfair competition with private enterprise. A more objective attitude can be achieved on this question when it is realized that all public housing is built by *private* contractors, employing regular union labor, from plans which are largely prepared by private architects and engineers. The land involved is purchased, at market prices or higher, from private owners. And as for "unfair" competition—public housing involves those income groups for

whom the private builder cannot provide in any case. It is a fact that 92% of the families in public housing projects before the war earned less than \$1200 per year.

ECONOMICS OF PUBLIC HOUSING

Another real estate argument is that public housing, with its low rents, is a great burden on our economy. Now the net annual cost of public housing in the form of subsidy is about \$100 per family per year. In other words it costs that much to provide housing for those groups who could otherwise not afford or obtain decent shelter. I mention that \$100 because it relates to a huge project which has recently been approved in New York City for postwar construction by Metropolitan Life. It involves 33,000 rooms and is a private project except for the fact that it gets tax exemption from the City amounting to a million dollars a year. I won't go into the mechanics of that, but the important point is that New York is giving Metropolitan Life exactly \$100 per family per year in the form of a tax exemption subsidy.

USE OF SUBSIDIES

Suppose you were the administrator of public housing. If you had the choice of where to apply a public subsidy of \$100 per family would you give it to a private institution, which charged a rental of \$14 per room per month, which was not subject to many public controls and which, indeed, openly intended to discriminate in tenant selection; or, would you apply it toward straightforward public housing for people whose incomes are so low that they cannot find adequate accommodations in the real estate market? That is one choice the public must make.

I said that the organized opposition to public housing is growing. But the opposing interests do not mention, and the public is ignorant of the fact, that in the whole period of government activity, from 1933 when the first housing agency was started until now, only about 150,000 public dwelling units were produced. Just a drop in the bucket! Perhaps the real estate people and those who put up money for real estate developments are afraid that the public temper after the war will cause this kind of housing to increase.

What developments are we likely to see in the postwar period?

"Housing after the War" is an address presented by Mr. Breines at the Consumers Union annual meeting held in Washington on June 30th. Mr. Breines, a New York architect and writer on housing and city planning, holds the Brunner Fellowship in City Planning for 1944, awarded by the American Institute of Architects.

POSTWAR TRENDS

The private agencies, of course, are getting ready to produce as much housing as possible. With the best intentions in the world they cannot produce housing for more than 15 or 20% of the families of the country. It just does not work out any other way.

Owing largely to fancy newspaper statements, there is a general illusion that prefabricated housing will cut housing costs. The prefabricated house has actually not proved less costly than other forms of housing. The figures frequently quoted as to cost are f.o.b. factory; they do not include assembly of the house on the site, the cost of the site itself, the public utilities to the site, and various other charges. Thus the prefabricated house advertised at \$2500 or \$3000 may very well cost \$5000 or \$6000 by the time it is ready to be "consumed." There is not much likelihood, therefore, that private housing alone will be able, by its very nature, to tap a market large enough to cause it to be an industry of major significance in the postwar picture.

PUBLIC PARTICIPATION

If housing is to be a factor in the postwar economic program and help take up the slack of unemployment, then there must be a good measure of public participation. I think the best thing, the most practical thing, a group like this could do would be to press for the continuation of the

National Housing Agency which includes the Federal Public Housing Agency (FPHA) and the Federal Housing Administration (FHA). The former does only public housing. The FHA, on the other hand, is strictly private, except that the government insures the mortgage or the risk. Indeed, in most cases there is no risk at all, because in one way or another the builder of FHA-insured houses usually manages to get his investment out even before the house is sold. The main thing is to be sure that the real estate group, in advancing the FHA type of project, does not cripple the public part of the National Housing Agency.

GROUP HOUSING

Most of the members of Consumers Union are in the middle income brackets. What are your housing prospects?

As for public housing, the chances are there will not be too much of that until an enlightened people get behind it. But what little public housing is built should be restricted to the lowest incomes; the slum dwellers, for whom it is intended. The Stuyvesant Town type of urban project will probably not set a precedent because municipalities simply cannot afford to subsidize private builders in that fashion. The result is that, as far as urban rental dwellings are concerned, the normal privately produced dwelling will have to cost from \$17 to upwards of \$20 per room per month. Those who can't afford the rents in new, modern dwelling units will have to be satisfied with older, less satisfactory quarters.

In the field of small homes for sale, the prospects are equally unpromising. The prefabricated, all-plastic "dream" house is exactly that. The homes that will appear on the market will be largely the FHA type and, unless the process is greatly changed, the purchaser will usually not get his money's worth. Moreover, the individual house, even when it is good, is generally not part of any overall community plan; thus the inevitable neighborhood obsolescence becomes a big hazard.

COOPERATIVE PLANNING

Neighborhood planning is a subject in itself, but in ending my remarks I would like to describe one type of housing solution which middle income families might well in-

"If you had the choice of where to apply a public subsidy of \$100 per family would you give it to a private institution, which charged a rental of \$14 per room per month . . . or would you apply it toward straightforward public housing for people whose incomes are so low that they cannot find adequate accommodations in the real estate market? That is one choice the public must make."

vestigate. I refer to cooperative or group housing. I don't mean the so-called cooperatives of Park Avenue consisting of 14 rooms and 8 baths.

I have in mind a wonderful apartment house I saw in Stockholm in 1937. Each "owner" participated financially in proportion to the space he occupied, although, as in all Rochdale cooperatives, he had only one vote in the management. The project had a central kitchen and restaurant in addition to the usual kitchens and eating facilities of each dwelling unit. But the arrangement made it possible to eat in or out at will. Also meals or parts of meals could be ordered in advance and sent up to the apartment by dumbwaiter from the central kitchen. The ground floor which contained the restaurant also housed the nursery school and recreational facilities which were likewise operated cooperatively. Working parents could leave children under ideal conditions right in their own building. The project maintained a salaried domestic staff for the use of the occupants. And these workers were housed separately in the project so that the individual families had complete privacy. The whole enterprise was run democratically and its seven years of operation established its success. Its success and common sense were obvious to me.

I don't see why we can't try something like that here. It needn't be an apartment house necessarily. It could be a group of attached or separate houses or any other type. By planning the whole project at its inception, the speculator's profit could be eliminated. It would have the advantage over the individual house in that a large area (neighborhood) would be controlled.

Group housing is no over-all solution, but it offers great advantages to middle-income families.

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Reports starred replace or supplement material in the 1944 Buying Guide.

Aluminum cleaners	60
Aspirin*	146
Bandages, adhesive	120
Books, care	76
Cartels	216
Cola drinks*	200
Corn, canned*	185
Deodorizers, household	91
Dictionaries	13
Driers, air	91
Eyeglasses	123
Flameproofing	233
Flashlights	241
Floor Wax	38
Flour, all purpose*	205
—pancake*	144
—prepared mixes	178
Food, dehydrated*	62
Frigidity	191
Fuel "stretchers"	44
Gardening*	66, 100, 188
—tools	159
Ginger ale*	174
Grade labeling	59
Grapefruit juice*	228
Hair dye*	155
Hand creams, protective	41
Hearing aid, Zenith*	97
Hosiery, rayon	37
Housing	248
Ice cream mixes	177, 204
Impotence	214
Insomnia*	101, 129
Lawns	209
Leg cosmetics*	172
Macaroni	93
Meat, canned	35
Menstruation	243
Moths, prevention*	66
Noodles	93
Oilcloth	42
Peas, canned*	153
Prunes*	235
Raisins*	234
Rodent control	16
Scouring powders	11
Sheets*	4
Shirts, dress*	33
—knit*	118
—work*	64
Shorts, knit*	119
—woven	116
Silver polish	90
Soap, toilet*	230
Soda, club*	174
Spaghetti	93
Sunglasses	180
Tea	148
Toilet tissue*	202
Tomatoes, canned*	151
Towels, bath*	8
—paper*	237
Tuna fish, canned	238
Undershirts, knit*	118
Vegetable seed*	100
Vitamin B complex	51
—deficiency	20
Wax paper	121
Work pants*	88



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